

## On, Wisconsin! Menus – Lunch Recipes

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**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-1

Adapted from: Healthier Kansas Recipe 158

**RECIPE NAME: All American Chicken Wrap**

|                              |   |
|------------------------------|---|
| Grade Group: K-12            | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 100      |   |
| Portion Size: 1 each         |   |
| Serving Utensil: Gloved hand |   |
| Servings Per Pan:            |   |

| <b>Ingredients:</b>  | <b>Weight</b> | <b>Measure</b>            | <b>Procedure:</b>  |
|--|---------------|---------------------------|--|
| Chicken Patties, WG Breeding, WI Processed C526, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 6673 | 265 oz        | 100 patties               | 1. Heat chicken according to manufacturer's directions and cut into strips.<br>2. For each wrap, serve 2.65 oz of chicken strips.<br>3. Sprinkle with approximately 1 Tbsp of cheese. Wrap tortilla around filling.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |
| Tortilla, whole-wheat, 2 oz<br>Cheddar Cheese, Reduced Fat, Shredded                                 | 1 lb 9 oz     | 100 each<br>1 qt 2 ¼ cups |  |

|                                |                 |   |
|--------------------------------|-----------------|---|
| <b>Total Yield</b>             | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:      Measure (volume): | Pan Size:       |   |

| <b>Meal Component Contribution Based on Portion Size</b> |            |     |     |   |   | <b>Nutrient Analysis Based on Portion Size</b> |
|--|------------|-----|-----|---|---|--|
| Meat/Meat Alternate:                                     | 2 oz eq.   |     |     |   |   | Calories: 318                                  |
| Vegetable Subgroups                                      | D/G        | B/P | R/O | S | O | Saturated Fat (g): 2.89                        |
|  |            |     |     |   |   | Sodium (mg): 863                               |
| Fruits   |            |     |     |   |   |  |
| Grains   | 2.5 oz eq. |     |     |   |   |  |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-2

**RECIPE NAME: Assorted Fresh Melon Bowl**

|  |                         |                                |                |   |   |                          |     |     |   |   |
|--|-------------------------|--------------------------------|----------------|---|---|--------------------------|-----|-----|---|---|
| Grade Group: K-8   |                         | Grade Group: 9-12              |                | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |   |                          |     |     |   |   |
| Number of Portions: 80   |                         | Number of Portions: 40         |                |   |   |                          |     |     |   |   |
| Portion Size: ½ cup  |                         | Portion Size: 1 cup            |                |   |   |                          |     |     |   |   |
| Serving Utensil: ½ cup spoodle   |                         | Serving Utensil: 1 cup spoodle |                |   |   |                          |     |     |   |   |
| Servings Per Pan:  |                         | Servings Per Pan:              |                |   |   |                          |     |     |   |   |
| <b>Ingredients:</b>  |                         | <b>Weight</b>                  | <b>Measure</b> | <b>Procedure:</b>   |   |                          |     |     |   |   |
| Cantaloupe, fresh, 18 count<br>Whole honeydew melon, fresh<br>Watermelon, fresh, whole |                         | 10 lb<br>10 lb<br>10 lb        |                | 1. Slice cantaloupe, honeydew and watermelon into cubes.<br>a. 10 lb cantaloupe should yield about 3 qt 1 ¾ cups cubed fruit.<br>b. 10 lb honeydew should yield about 2 qt 1 ¼ cups cubed fruit.<br>c. 10 lb watermelon should yield about 3 qt 3 cups cubed fruit.<br>2. Mix fresh fruit together in bowl.<br>3. Chill thoroughly.<br><b>CCP: Hold for cold service at 41° F or lower.</b> |   |                          |     |     |   |   |
| <b>Total Yield</b>   |                         | Number of Pans:                |                | Equipment (if not specified in procedures above):   |   |                          |     |     |   |   |
| Weight:  | Measure (volume):       | Pan Size:                      |                |   |   |                          |     |     |   |   |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>            |                         |                                |                |   |   |                          |     |     |   |   |
| <i>Specify the grade group in the columns:</i>   | <b>Grade Group: K-8</b> |                                |                |   |   | <b>Grade Group: 9-12</b> |     |     |   |   |
| Meat/Meat Alternate  |                         |                                |                |   |   |                          |     |     |   |   |
| Vegetable Subgroups  | D/G                     | B/P                            | R/O            | S   | O | D/G                      | B/P | R/O | S | O |
| Fruits   | ½ cup                   |                                |                |   |   | 1 cup                    |     |     |   |   |
| Grains   |                         |                                |                |   |   |                          |     |     |   |   |
| Calories   | 27                      |                                |                |   |   | 54                       |     |     |   |   |
| Saturated Fat (g)  | 0                       |                                |                |   |   | 0                        |     |     |   |   |
| Sodium (mg)  | 12                      |                                |                |   |   | 24                       |     |     |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

|  |                              |  |   |  |  |
|--|------------------------------|--|---|--|--|
|  |                              |  |   | File No: WIDPI-3<br>Adapted from: USDA Recipe (Grains B-24r)   |  |
| <b>RECIPE NAME: Aztec Grain Salad</b>  |                              |  |   |  |  |
| Grade Group: 6-8   |                              | Grade Group: 9-12  |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step  |  |
| Number of Portions: 100  |                              | Number of Portions: 50   |   |  |  |
| Portion Size: ½ cup  |                              | Portion Size: 1 cup  |   |  |  |
| Serving Utensil: ½ cup spoodle   |                              | Serving Utensil: 1 cup spoodle   |   |  |  |
| Servings Per Pan: 50   |                              | Servings Per Pan: 25   |   |  |  |
| <b>Ingredients:</b>  |                              | <b>Weight</b>  | <b>Measure</b>  | <b>Procedure:</b>  |  |
| Quinoa, dry<br>Water<br>Fresh Granny Smith Apples, peeled, cored, cubed ¾"<br>Fresh Butternut Squash, peeled, cubed ½"<br>Canola Oil<br>Ground Ginger<br>Ground Cinnamon<br>Frozen Orange Juice Concentrate<br>Extra Virgin Olive Oil<br>Honey<br>Dijon Mustard<br>Red Wine Vinegar<br>Salt<br>Ground Black Pepper<br>Ground White Pepper<br>Fresh Cilantro, finely chopped<br>Dried Cranberries, finely chopped<br>Golden Raisins, seedless, finely chopped |                              | 4 lb 6 oz<br><br>3 lb 10 oz<br>4 lb<br><br>12 oz<br><br><br><br><br><br><br><br><br><br>1 lb. 4 oz.<br>1 lb. 4 oz. | 2 qt 3 cups<br>1 gal 1 ½ qt<br>2 qt 2 cups<br>3 qt 2 cups<br>½ cup<br>2 tsp<br>1 Tbsp 2 tsp<br>1 ½ cup<br>2/3 cup<br>2 Tbsp 2 tsp<br>1 Tbsp<br>1 cup<br>1 tsp<br>2/3 tsp<br>½ tsp<br>2 Tbsp<br>1 qt<br>1 qt | 1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.<br>2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 41° F or below.<br>3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.<br>4. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans.<br>5. Roast until squash is soft and slightly brown on the edges. <b>DO NOT OVERCOOK.</b><br>Conventional oven: 400° F for 15-20 minutes<br>Convection oven: 400° for 12-15 minutes<br>6. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.<br>7. In steam table pan (12" x 20" x 4") combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 50 servings, use 2 pans. Optional: garnish with additional chopped cilantro. Cover and refrigerate at 40° F to allow flavors to combine.<br><b>CCP: Use pre-chilled shallow pans to cool from 135° F to 70° F within 2 hours. Cool to 41° F or lower within 4 hours.</b><br><b>Refrigerate until ready to serve.</b> |  |
| <b>Total Yield</b>   |                              | Number of Pans: 2  |   | Equipment (if not specified in procedures above):  |  |
| Weight: 19 lb.   | Measure (volume): 2 gal 2 qt | Pan Size: 12" x 20" x 4"   |   |  |  |

**On, Wisconsin! Menus – Lunch Recipes**

| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b> |                         |     |     |   |   |                          |     |        |   |   |
|---|-------------------------|-----|-----|---|---|--------------------------|-----|--------|---|---|
| <i>Specify the grade group in the columns:</i>                              | <b>Grade Group: 6-8</b> |     |     |   |   | <b>Grade Group: 9-12</b> |     |        |   |   |
| Meat/Meat Alternate   |                         |     |     |   |   |                          |     |        |   |   |
| Vegetable Subgroups   | D/G                     | B/P | R/O | S | O | D/G                      | B/P | R/O    | S | O |
|   |                         |     |     |   |   |                          |     | 1/8 c. |   |   |
| Fruits  | ¼ cup                   |     |     |   |   | 3/8 cup                  |     |        |   |   |
| Grains  | 0.5 oz eq.              |     |     |   |   | 1 oz eq.                 |     |        |   |   |
| Calories  | 149                     |     |     |   |   | 298                      |     |        |   |   |
| Saturated Fat (g)   | 0.46                    |     |     |   |   | 0.91                     |     |        |   |   |
| Sodium (mg)   | 29                      |     |     |   |   | 58                       |     |        |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-4  
Adapted from: Willmar Public Schools,  
Minnesota

**RECIPE NAME: Baked Apples**

|   |                   |                         |   |  |                          |   |  |
|---|-------------------|-------------------------|---|--|--------------------------|---|--|
| Grade Group: K-8  |                   | Grade Group: 9-12       |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |                          |   |  |
| Number of Portions: 50  |                   | Number of Portions: 50  |   |  |                          |   |  |
| Portion Size: ½ apple   |                   | Portion Size: 1 apple   |   |  |                          |   |  |
| Serving Utensil:  |                   | Serving Utensil:        |   |  |                          |   |  |
| Servings Per Pan:   |                   | Servings Per Pan:       |   |  |                          |   |  |
| Ingredients:  |                   | Weight                  | Measure                                   | Procedure:   |                          |   |  |
| Apples, raw, with skin<br>Honey<br>Pineapple juice, canned, unsweetened     |                   |                         | 25 medium<br>1½ cups 1 Tbsp<br>3 qt ½ cup | 1. Combine the pineapple juice and honey.<br>2. On the top of the range or in the steamer, warm the pineapple and honey mixture.<br>3. Split the apple in half along the core, cut out stems, seeds and blossom ends.<br>4. Place cut side down on the steam table or sheet pan.<br>5. Pour in the pineapple honey mixture to a depth of ¼ inch to ½ inch.<br>6. Bake for 35 minutes at 350° to an internal temperature of 140 degrees or higher.<br>7. Serve ½ an apple with some of the baking juice poured over the apples and a light dust of cinnamon.<br><b>CCP: Hold for hot service at 135° F or higher.</b> |                          |   |  |
| <b>Total Yield</b>  |                   | Number of Pans:         |   | Equipment (if not specified in procedures above):  |                          |   |  |
| Weight:   | Measure (volume): | Pan Size:               |   |  |                          |   |  |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b> |                   |                         |   |  |                          |   |  |
| <i>Specify the grade group in the columns:</i>                              |                   | <b>Grade Group: K-8</b> |   |  | <b>Grade Group: 9-12</b> |   |  |
| Meat/Meat Alternate   |                   |                         |   |  |                          |   |  |
| Vegetable Subgroups   |                   | D/G                     | B/P                                       | R/O  | S                        | O |  |
| Fruits  |                   | ¼ cup                   |   |  | ½ cup                    |   |  |
| Grains  |                   |                         |   |  |                          |   |  |
| Calories  |                   | 113                     |   |  | 226                      |   |  |
| Saturated Fat (g)   |                   | 0                       |   |  | 0                        |   |  |
| Sodium (mg)   |                   | 3                       |   |  | 5                        |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other



**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-5  
Adapted from: Erin #2 School District, WI

**RECIPE NAME: Baked Beans**

|   |                           |                          |  |   |  |                      |
|---|---------------------------|--------------------------|--|---|--|----------------------|
| Grade Group: K-12   |                           |                          |  |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |                      |
| Number of Portions: 46  |                           |                          |  |   |  |                      |
| Portion Size: ½ cup   |                           |                          |  |   |  |                      |
| Serving Utensil: ½ cup spoodle  |                           |                          |  |   |  |                      |
| Servings Per Pan: 46  |                           |                          |  |   |  |                      |
| <b>Ingredients:</b>   |                           | <b>Weight</b>            | <b>Measure</b>                               |   | <b>Procedure:</b>  |                      |
| Vegetarian baked beans, USDA Foods 100364<br>Onions, dehydrated<br>Mustard, dry<br>Sugar, brown   |                           |                          | 2 No. 10 cans<br>2 ¼ cups<br>2 Tbsp<br>1 cup |   | 1. Combine all ingredients in steamtable pan.<br>2. Bake covered at 350° F for 1 hour.<br>3. Uncover and continue cooking 1 hour, or until internal temperature reaches 165° F.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |                      |
| <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 80%;">           *The above crediting is based on offering the bean/pea/legume in the dish as the VEGETABLE, LEGUME. If NOT doing this, then crediting is as follows: 2 oz m/ma         </div> |                           |                          |  |   |  |                      |
| <b>Total Yield</b>  |                           | Number of Pans: 1        |  |   | Equipment (if not specified in procedures above):  |                      |
| Weight: 14 ½ lb   | Measure (volume): 1 ½ gal | Pan Size: 12" x 20" x 4" |  |   |  |                      |
| <b>Meal Component Contribution Based on Portion Size</b>  |                           |                          |  |   | <b>Nutrient Analysis Based on Portion Size</b>   |                      |
| Meat/Meat Alternate:  |                           |                          |  |   | Calories: 149  |                      |
| Vegetable Subgroups   | D/G                       | B/P                      | R/O  | S | O  | Saturated Fat (g): 0 |
|   |                           | ½ cup                    |  |   |  | Sodium (mg): 390     |
| Fruits  |                           |                          |  |   |  |                      |
| Grains  |                           |                          |  |   |  |                      |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-6  
Adapted from: USDA Recipe (Vegetables I-07)

**RECIPE NAME: Baked Sweet Potato and Apples**

|   |                              |                            |                              |  |
|---|------------------------------|----------------------------|------------------------------|--|
| Grade Group: K-8  |                              | Grade Group: 9-12          |                              | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |
| Number of Portions: 50  |                              | Number of Portions: 12 ½   |                              |  |
| Portion Size: ¼ cup   |                              | Portion Size: 1 cup        |                              |  |
| Serving Utensil:  |                              | Serving Utensil:           |                              |  |
| Servings Per Pan: 50  |                              | Servings Per Pan: 12 ½     |                              |  |
| <b>Ingredients:</b>   |                              | <b>Weight</b>              | <b>Measure</b>               | <b>Procedure:</b>  |
| Canned, cut sweet potatoes, USDA Foods 100317, drained                    |                              | 3 lb 13 oz                 | 2 qt ½ cup<br>(1 No. 10 can) | 1. Place 3 lbs 13 oz (2 qt ¾ cup) sweet potatoes into each steam table pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray.<br>2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan.<br>3. Combine brown sugar, cinnamon, and nutmeg (optional).<br>4. Sprinkle ¾ cup sugar mixture over apples in each pan.<br>5. Dot each pan with 1/3 cup butter, and sprinkle remaining sugar.<br>6. Add ¾ cup water to each pan.<br>7. Bake:<br>Conventional oven: 350° F for 25-30 minutes<br>Convection oven: 300 °F for 13-20 minutes<br><b>CCP: Heat to 140° F or higher.</b><br><b>CCP: Hold at 135° F or higher for hot service.</b> |
| Canned unsweetened sliced apples solid packed, USDA Foods 100206, drained |                              | 3 lb 11 oz                 | 2 qt<br>(2/3 No. 10 can)     |  |
| Brown sugar, drained  |                              | 5 ¾ oz                     | ¾ cup                        |  |
| Ground cinnamon   |                              |                            | 1 tsp                        |  |
| Ground nutmeg (optional)  |                              |                            | 1 tsp                        |  |
| Butter  |                              | 2 ½ oz                     | 1/3 cup                      |  |
| Water   |                              |                            | ¾ cup                        |  |
| <b>Total Yield</b>  |                              | Number of Pans: 1          |                              | Equipment (if not specified in procedures above):  |
| Weight: 7 lb 15 oz  | Measure (volume): 3 qt ½ cup | Pan Size: 1 steamtable pan |                              |  |

**Meal Component Contribution/Nutrition Analysis Based on Portion Size**

| Specify the grade group in the columns: | Grade Group: K-8 |     |         |   |   | Grade Group: 9-12 |     |       |   |   |
|---|------------------|-----|---------|---|---|-------------------|-----|-------|---|---|
| Meat/Meat Alternate                     |                  |     |         |   |   |                   |     |       |   |   |
| Vegetable Subgroups                     | D/G              | B/P | R/O     | S | O | D/G               | B/P | R/O   | S | O |
|   |                  |     | 1/8 cup |   |   |                   |     | ½ cup |   |   |
| Fruits                                  | 1/8 cup          |     |         |   |   | ½ cup             |     |       |   |   |
| Grains                                  |                  |     |         |   |   |                   |     |       |   |   |
| Calories                                | 78               |     |         |   |   | 312               |     |       |   |   |
| Saturated Fat (g)                       | 0.28             |     |         |   |   | 1.12              |     |       |   |   |
| Sodium (mg)                             | 29               |     |         |   |   | 116               |     |       |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-7

Adapted from: Recipes for Healthy Kids

**RECIPE NAME: Bean and Rice Burrito**

|   |                   |  |  |   |   |  |  |
|---|-------------------|--|--|---|---|--|--|
| Grade Group: K-12   |                   |  |  |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |  |
| Number of Portions: 50  |                   |  |  |   |   |  |  |
| Portion Size: 1 each  |                   |  |  |   |   |  |  |
| Serving Utensil:  |                   |  |  |   |   |  |  |
| Servings Per Pan:   |                   |  |  |   |   |  |  |
| <b>Ingredients:</b>   |                   | <b>Weight</b>  | <b>Measure</b>   | <b>Procedure:</b>   |   |  |  |
| Brown rice, dry<br>Olive oil<br>Onion, raw, ¼" diced<br>Garlic, minced<br>Tomatoes, crushed<br>Chili powder<br>Cumin<br>Kidney beans, cooked<br>Cheese, shredded jack and cheddar, reduced fat<br>Scallions, sliced<br>Whole grain tortilla, 2 oz |                   | 3 lb 4 oz<br><br><br><br><br><br><br><br><br><br><br>2 lb<br><br><br><br><br><br><br><br><br><br><br>6 lb 4 oz | 2 qt<br>3 Tbsp<br>1 qt<br>¼ cup<br>1 qt<br>3 Tbsp<br>4 tsp<br>12 ½ cups<br>2 qt<br>1 qt<br>50 each | 1. Cook rice in advance (See Recipe WIDPI-13). Heat olive oil in pot, add diced onions and sauté until transparent. Add garlic and spices and sauté until they release their aroma. Then add the rice and sauté until it is coated with the oil and spices. Add crushed tomatoes and water and bring up to a simmer. Cover and cook for 35 to 45 minutes or until rice is tender. Cool completely.<br>2. In a large bowl, mix the seasoned rice, kidney beans, shredded cheeses and sliced scallions.<br>3. Divide mixture equally between the tortillas (about 1 cup each). Place mixture in center of tortilla, fold in sides and roll up, placing the seal side down on a parchment lined baking pan.<br>4. Bake at 350° F until internal temperature reaches 165° F.<br><b>CCP: Hold at 135° F or higher for hot service.</b><br>5. Serve 1 burrito per person. |   |  |  |
| <b>Total Yield</b>  |                   | Number of Pans:  |  | Equipment (if not specified in procedures above):   |   |  |  |
| Weight:   | Measure (volume): | Pan Size:  |  |   |   |  |  |
| <b>Meal Component Contribution Based on Portion Size</b>  |                   |  |  |   |   | <b>Nutrient Analysis Based on Portion Size</b> |  |
| Meat/Meat Alternate:  | 1.5 oz eq.        |  |  |   |   | Calories: 251                                  |  |
| Vegetable Subgroups   | D/G               | B/P  | R/O  | S   | O   | Saturated Fat (g): 3.25                        |  |
|   |                   |  |  |   |   | Sodium (mg): 265                               |  |
| Fruits  |                   |  |  |   |   |  |  |
| Grains  | 3 oz eq.          |  |  |   |   |  |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-8

Adapted from: USDA Recipe (Main Dish D-43)

**RECIPE NAME: Beef Shepherd's Pie**

| Grade Group: K-12                        |                   |                            | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |
|--|-------------------|----------------------------|---|
| Number of Portions: 50                   |                   |                            |   |
| Portion Size: 1 piece                    |                   |                            |   |
| Serving Utensil:                         |                   |                            |   |
| Servings Per Pan: 25                     |                   |                            |   |
| Ingredients:                             | Weight            | Measure                    | Procedure:  |
| Raw ground beef, USDA Foods 110085       | 8 lb 8 oz         |                            | 1. Brown ground beef. Drain. Continue immediately.  |
| Fresh onions, diced OR Dehydrated onions | 8 oz OR 1 ½ oz    | 1 1/3 cups OR ¾ cup        | 2. Add onions to ground beef and sauté for 5 minutes or until translucent.  |
| Frozen, sliced, carrots                  | 2 lb 6 oz         | 2 qt ½ cups                | 3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.  |
| Frozen peas                              | 2 lb 6 oz         | 1 qt 3 ½ cups              | 4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil. Remove from heat and reserve for step 5. |
| Beef stock, low sodium                   |                   | 2 qt                       | 5. Add thyme, pepper, onion salt and salt to cornstarch gravy.  |
| Cornstarch                               | 4 oz              | ¾ cup 2 Tbsp               | 6. Add gravy to ground beef mixture.  |
| Water, cold                              |                   | 1 cup                      | 7. Pour 3 qt 3 cups (8 lbs) of ground beef mixture into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans.  |
| Dried thyme                              |                   | 1 Tbsp                     | 8. Place boiling water and milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle attachment for 1 minute until well blended.  |
| Ground black or white pepper             |                   | 2 tsp                      | 9. Spread 4 lb 2 oz (2 qt ¾ cup) of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.   |
| Onion salt                               |                   | 2 tsp                      | 10. Bake:   |
| Salt                                     |                   | 2 tsp                      | <ul style="list-style-type: none"><li>• Conventional oven: 375° F for 45 minutes</li><li>• Convection oven: 350° F for 30 minutes</li></ul>   |
| Water, boiling                           |                   | 1 qt 2 cups                | <b>CCP: Heat to 165° F or higher for at least 15 seconds.</b>   |
| Lowfat 1% milk, hot                      |                   | 1 qt 2 cups                | <b>CCP: Hold for hot service at 135° F or higher.</b>   |
| Margarine or butter                      | 6 oz              | ¾ cup                      | 11. Cut each pan 5 x 5 (25 portions per pan).   |
| Potato flakes                            | 2 lb              | 1 gal 2 cups               |   |
| Salt                                     |                   | 2 ½ tsp                    |   |
| Paprika                                  |                   | 1 tsp                      |   |
| Total Yield                              |                   | Number of Pans: 2          | Equipment (if not specified in procedures above):   |
| Weight: 25 lb                            | Measure (volume): | Pan Size: 12" x 20" x 2 ½" |   |

***On, Wisconsin! Menus – Lunch Recipes***

| <b>Meal Component Contribution Based on Portion Size</b> |          |     |     |         |         | <b>Nutrient Analysis Based on Portion Size</b> |
|--|----------|-----|-----|---------|---------|--|
| Meat/Meat Alternate:                                     | 2 oz eq. |     |     |         |         | Calories: 294                                  |
| Vegetable Subgroups                                      | D/G      | B/P | R/O | S       | O       | Saturated Fat (g): 5.09                        |
|  |          |     |     | 5/8 cup | 1/8 cup | Sodium (mg): 442                               |
| Fruits   |          |     |     |         |         |  |
| Grains   |          |     |     |         |         |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

# On, Wisconsin! Menus – Lunch Recipes

File No: WIDPI-9

Adapted from: USDA Recipe (Main Dish D-14)

## RECIPE NAME: Beef Stew

|   |                   |                                |                           |  |
|---|-------------------|--------------------------------|---------------------------|--|
| Grade Group: K-8                            |                   | Grade Group: 9-12              |                           | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |
| Number of Portions: 100                     |                   | Number of Portions: 50         |                           |  |
| Portion Size: ½ cup                         |                   | Portion Size: 1 cup            |                           |  |
| Serving Utensil: 4 fl oz ladle              |                   | Serving Utensil: 8 fl oz ladle |                           |  |
| Servings Per Pan:                           |                   | Servings Per Pan:              |                           |  |
| Ingredients:                                |                   | Weight                         | Measure                   | Procedure:   |
| Raw Beef Stew Meat, practically free of fat |                   | 10 lb 4 oz                     |                           | <ol style="list-style-type: none"><li>1. Brown beef cubes in oil. Drain. Continue immediately.</li><li>2. Add onions, flour, granulated garlic, paprika, pepper, salt, and thyme. Cook 5 minutes.</li><li>3. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.</li><li>4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.<br/>CCP: Heat to 165° F or higher at least 15 seconds.</li><li>5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans.<br/><b>CCP: Hold for hot service at 135° F or higher.</b></li></ol> |
| Vegetable Oil                               |                   |                                | ½ cup                     |  |
| Fresh Onions, quartered OR                  |                   | 1 lb                           |                           |  |
| Dehydrated Onions                           |                   | 1 ¼ oz                         | 2/3 cup                   |  |
| Enriched All-Purpose Flour                  |                   | 12 oz                          | 2 ¾ cup                   |  |
| Granulated Garlic                           |                   |                                | 1 Tbsp 1 ½ tsp            |  |
| Paprika                                     |                   |                                | 1 Tbsp                    |  |
| Ground Black or White Pepper                |                   |                                | 1 ½ tsp                   |  |
| Salt  |                   |                                | 1 Tbsp                    |  |
| Dried Thyme                                 |                   |                                | 1 tsp                     |  |
| Water or Beef Stock, non-MSG                |                   |                                | 1 gal 2 qt                |  |
| Canned Sliced Carrots, drained              |                   | 4 lb 6 oz                      | 2 qt 2 cup (1 No. 10 can) |  |
| Canned Small Whole Potatoes, drained        |                   | 3 lb 8 oz                      | 1 qt 2 cup (¾ No. 10 can) |  |
| Canned Green Peas, drained                  |                   | 3 lb 3 oz                      | 1 qt 3 cup (¾ No. 10 can) |  |
| Total Yield                                 |                   | Number of Pans: 3              |                           | Equipment (if not specified in procedures above):  |
| Weight:                                     | Measure (volume): | Pan Size: 10" x 12" x 4"       |                           |  |

## Meal Component Contribution/Nutrition Analysis Based on Portion Size

|   |                  |     |     |         |   |                   |     |         |       |   |
|---|------------------|-----|-----|---------|---|-------------------|-----|---------|-------|---|
| Specify the grade group in the columns: | Grade Group: K-8 |     |     |         |   | Grade Group: 9-12 |     |         |       |   |
| Meat/Meat Alternate                     | 1 oz eq.         |     |     |         |   | 2 oz eq.          |     |         |       |   |
| Vegetable Subgroups                     | D/G              | B/P | R/O | S       | O | D/G               | B/P | R/O     | S     | O |
|   |                  |     |     | 1/8 cup |   |                   |     | 1/8 cup | ¼ cup |   |
| Fruits                                  |                  |     |     |         |   |                   |     |         |       |   |
| Grains                                  |                  |     |     |         |   |                   |     |         |       |   |
| Calories                                | 109              |     |     |         |   | 218               |     |         |       |   |
| Saturated Fat (g)                       | 1.19             |     |     |         |   | 2.38              |     |         |       |   |
| Sodium (g)                              | 205              |     |     |         |   | 409               |     |         |       |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-10a  
Adapted from: Sartell-St. Stephen Public  
Schools Minnesota

**RECIPE NAME: Berry Chicken Salad with Red Jam Dressing**

|   |                   |                 |                                       |   |       |
|---|-------------------|-----------------|---------------------------------------|---|-------|
| Grade Group: K-12   |                   |                 |                                       | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |       |
| Number of Portions: 1   |                   |                 |                                       |   |       |
| Portion Size: 1 salad   |                   |                 |                                       |   |       |
| Serving Utensil:  |                   |                 |                                       |   |       |
| Servings Per Pan:   |                   |                 |                                       |   |       |
| <b>Ingredients:</b>   |                   | <b>Weight</b>   | <b>Measure</b>                        | <b>Procedure:</b>   |       |
| Romaine<br>Blueberries, raspberries or strawberries<br>Onions, red, raw, sliced<br>Sugar snap peas, raw<br><br>Grilled Chicken Patty, WI Processed C524,<br>Goldkist/Pilgrim's Pride, Commercial Eq. Code:<br>26624, thawed, sliced |                   | 2.5 oz          | 2 cups<br>¼ cup<br>1/8 cup<br>1/8 cup | 1. Portion into serving bowl in the following order: <ul style="list-style-type: none"> <li>• Romaine</li> <li>• Berries</li> <li>• Red onion</li> <li>• Sugar snap peas</li> <li>• Sliced chicken</li> </ul> 2. Dress with 2 Tbsp dressing just prior to serving.<br><b>CCP: Hold at 41° F or below for cold service.</b><br><br>Serve with 2 Tbsp Red Jam Dressing (Recipe #WIDPI-10b). |       |
| <b>Total Yield</b>  |                   | Number of Pans: |                                       | Equipment (if not specified in procedures above):   |       |
| Weight:   | Measure (volume): | Pan Size:       |                                       |   |       |
| <b>Meal Component Contribution Based on Portion Size</b>  |                   |                 |                                       |   |       |
| Meat/Meat Alternate:  | 2 oz eq.          |                 |                                       |   |       |
| Vegetable Subgroups   | D/G               | B/P             | R/O                                   | S   | O     |
|   | 1 cup             |                 |                                       |   | ¼ cup |
| Fruits  | ¼ cup             |                 |                                       |   |       |
| Grains  |                   |                 |                                       |   |       |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-10b  
Adapted from: Sartell-St. Stephen Public  
Schools Minnesota

**RECIPE NAME: Red Jam Dressing**

|                                |   |
|--------------------------------|---|
| Grade Group: K-12              | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 40         |   |
| Portion Size: 2 Tbsp           |   |
| Serving Utensil: 1 fl oz ladle |   |
| Servings Per Pan:              |   |

| Ingredients:   | Weight | Measure  | Procedure:  |
|--|--------|--|---|
| Cider vinegar<br>Red raspberry jam, seedless<br>Dijon mustard<br>Olive oil<br>Salt<br>Black pepper, ground | 1 oz   | 1 ¾ cups<br>1 ¼ cups<br><br>2 ½ cups<br>1 tsp<br>1 tsp | 1. Blend vinegar, jam, mustard, olive oil, salt and pepper until well combined.<br>2. Chill overnight before service.<br><b>CCP: Hold at 41° F or below for cold service.</b> |

|                                |                 |   |
|--------------------------------|-----------------|---|
| <b>Total Yield</b>             | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:      Measure (volume): | Pan Size:       |   |

| Meal Component Contribution Based on Portion Size |     |     |     |   |   | Nutrient Analysis Based on Portion Size |
|---|-----|-----|-----|---|---|---|
| Meat/Meat Alternate:                              |     |     |     |   |   | Calories: 150                           |
| Vegetable Subgroups                               | D/G | B/P | R/O | S | O | Saturated Fat (g): 1.8                  |
|   |     |     |     |   |   | Sodium (mg): 85                         |
| Fruits  |     |     |     |   |   |   |
| Grains  |     |     |     |   |   |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other



**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-11a  
Adapted from: Iowa Dept. of Education (Chef Cyndie Story Recipe)

**RECIPE NAME: Bistro Spinach Salad**

|                       |   |
|-----------------------|---|
| Grade Group: K-12     | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 1 |   |
| Portion Size: 1 salad |   |
| Serving Utensil:      |   |
| Servings Per Pan:     |   |

| Ingredients:   | Weight  | Measure  | Procedure:   |
|--|---------|--|--|
| Romaine, fresh, chopped<br>Baby spinach, fresh, chopped<br>Carrots, grated<br>Egg, large, hard cooked, quartered or sliced<br><br>Grilled chicken patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced | 1.25 oz | 1 cup<br>1 cup<br>¼ cup<br>½ egg<br><br>½ of patty | 1. Assemble salads by combining the following in a bowl: <ul style="list-style-type: none"> <li>• 1 cup romaine</li> <li>• 1 cup baby spinach</li> <li>• ¼ cup grated carrots</li> <li>• ½ egg</li> <li>• ½ sliced grilled chicken patty</li> </ul> 2. Serve with Bistro Spinach Salad dressing (WIDPI-11b).<br><b>CCP: Hold at 41° F or lower for cold service.</b> |

|  |                 |   |
|--|-----------------|---|
| <b>Total Yield</b>                     | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:      Measure (volume): 1 salad | Pan Size:       |   |

| Meal Component Contribution Based on Portion Size |            |     |       |   |   | Nutrient Analysis Based on Portion Size |
|---|------------|-----|-------|---|---|---|
| Meat/Meat Alternate                               | 2.0 oz eq. |     |       |   |   | Calories: 112                           |
| Vegetable Subgroups                               | D/G        | B/P | R/O   | S | O | Saturated Fat (g): 1.36                 |
|   | 1 cup      |     | ¼ cup |   |   | Sodium (mg): 233                        |
| Fruits  |            |     |       |   |   |   |
| Grains  |            |     |       |   |   |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-11b  
Adapted from: Iowa Dept. of Education (Chef  
Cyndie Story Recipe)

**RECIPE NAME: Bistro Spinach Salad Dressing**

|   |                          |                 |   |  |   |  |                         |
|---|--------------------------|-----------------|---|--|---|--|-------------------------|
| Grade Group: K-12   |                          |                 |   |  | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |                         |
| Number of Portions: 56 servings                                     |                          |                 |   |  |   |  |                         |
| Portion Size: 2 Tbsp  |                          |                 |   |  |   |  |                         |
| Serving Utensil: 1 fl oz ladle                                      |                          |                 |   |  |   |  |                         |
| Servings Per Pan:   |                          |                 |   |  |   |  |                         |
| <b>Ingredients:</b>   |                          | <b>Weight</b>   | <b>Measure</b>                              | <b>Procedure:</b>  |   |  |                         |
| Red wine vinegar<br>Honey<br>Dijon mustard<br>Salt<br>Vegetable oil |                          |                 | 2 cups<br>½ cup<br>½ cup<br>1 tsp<br>4 cups | 1. Mix ingredients for salad dressing.<br>2. Portion in 2 Tbsp containers.<br>3. Package with salad.<br><b>CCP: Hold at 41° F or below for cold service.</b> |   |  |                         |
| <b>Total Yield</b>  |                          | Number of Pans: |   | Equipment (if not specified in procedures above):  |   |  |                         |
| Weight:   | Measure (volume): 7 cups | Pan Size:       |   |  |   |  |                         |
| <b>Meal Component Contribution Based on Portion Size</b>            |                          |                 |   |  |   | <b>Nutrient Analysis Based on Portion Size</b> |                         |
| Meat/Meat Alternate   |                          |                 |   |  |   | Calories: 150                                  |                         |
| Vegetable Subgroups   |                          | D/G             | B/P   | R/O  | S   | O  | Saturated Fat (g): 2.38 |
|   |                          |                 |   |  |   |  | Sodium (mg): 68         |
| Fruits  |                          |                 |   |  |   |  |                         |
| Grains  |                          |                 |   |  |   |  |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-12  
Adapted from: Recipes for Healthy Kids

**RECIPE NAME: Black Bean Quesadilla**

|  |                              |                              |  |   |
|--|------------------------------|------------------------------|--|---|
| Grade Group: K-8   |                              | Grade Group: 9-12            |  | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |
| Number of Portions: 50   |                              | Number of Portions: 50       |  |   |
| Portion Size: 1 quesadilla   |                              | Portion Size: 1 quesadilla   |  |   |
| Serving Utensil: Gloved hand   |                              | Serving Utensil: Gloved hand |  |   |
| Servings Per Pan:  |                              | Servings Per Pan:            |  |   |
| Ingredients:   |                              | Weight                       | Measure                                      | Procedure:  |
| Whole wheat tortilla<br>Black beans, canned, drained and rinsed<br>Medium-hot salsa<br>Part-skim mozzarella cheese, shredded |                              | 6 lbs<br>2 lbs<br>2 lbs      | 50 (56 g) each<br>2 #10 cans<br>2 qt<br>2 qt | 1. Preheat oven to 400° F.<br>2. Add 8 cups of salsa to half the beans in the food processor, and process together until the mixture is creamy.<br>3. Add to the whole black beans in a bowl and mix well so that the mixture is spreadable and resembles refried beans.<br>4. Lightly spray one side of each tortilla with vegetable oil.<br>5. Place tortillas on baking sheet.<br>6. Spread the tortillas with bean mixture, then 2 Tbsp of shredded cheese.<br>7. Fold each one in half, like a half moon, pat it flat.<br>8. When baking sheet is filled, bake for 15 minutes or until cheese has melted and the tortilla is crisp.<br>9. Cut into wedges and serve with reserved salsa.<br><b>CCP: Hold at 135° or higher for hot service.</b><br>10. Serve with an extra ½ oz (1/8 cup) of shredded cheese as topping to students in 9-12. |
| Total Yield  |                              | Number of Pans: 1            |  | Equipment (if not specified in procedures above):   |
| Weight: 7 lb 15 oz   | Measure (volume): 3 qt ½ cup | Pan Size: 1 steamtable pan   |  |   |

| Meal Component Contribution/Nutrition Analysis Based on Portion Size |                  |     |     |   |   |                   |     |     |   |   |
|--|------------------|-----|-----|---|---|-------------------|-----|-----|---|---|
| Specify the grade group in the columns:                              | Grade Group: K-8 |     |     |   |   | Grade Group: 9-12 |     |     |   |   |
| Meat/Meat Alternate  | 1.5 oz eq.       |     |     |   |   | 2 oz eq.          |     |     |   |   |
| Vegetable Subgroups  | D/G              | B/P | R/O | S | O | D/G               | B/P | R/O | S | O |
| Fruits   |                  |     |     |   |   |                   |     |     |   |   |
| Grains   | 2 oz eq.         |     |     |   |   | 2 oz eq.          |     |     |   |   |
| Calories   | 247              |     |     |   |   | 287               |     |     |   |   |
| Saturated Fat (g)  | 2.4              |     |     |   |   | 3.9               |     |     |   |   |
| Sodium (mg)  | 490              |     |     |   |   | 514               |     |     |   |   |

D/G= Dark Green    B/P= Beans/Peas (Legumes)    R/O=Red/Orange    S=Starchy    O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-13  
Adapted from: USDA Food Fact Sheet

|   |                                   |                               |              |   |                          |   |            |     |     |   |   |
|---|-----------------------------------|-------------------------------|--------------|---|--------------------------|---|------------|-----|-----|---|---|
| <b>RECIPE NAME: Brown Rice</b>  |                                   |                               |              |   |                          |   |            |     |     |   |   |
| Grade Group: K-8  |                                   | Grade Group: 9-12             |              | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |                          |   |            |     |     |   |   |
| Number of Portions: 66  |                                   | Number of Portions: 50        |              |   |                          |   |            |     |     |   |   |
| Portion Size: ¾ cup   |                                   | Portion Size: 1 cup           |              |   |                          |   |            |     |     |   |   |
| Serving Utensil: 2- #10 scoops  |                                   | Serving Utensil: 2- #8 scoops |              |   |                          |   |            |     |     |   |   |
| Servings Per Pan: 16 ½  |                                   | Servings Per Pan: 12 ½        |              |   |                          |   |            |     |     |   |   |
| Ingredients:  |                                   | Weight                        | Measure      | Procedure:  |                          |   |            |     |     |   |   |
| Water<br>Rice, brown, long grain, regular, dry, USDA Foods 100499           |                                   | 6 lb 4 oz                     | 2 gal 1 ¾ qt | 1. Boil water.<br>2. Place 1 lb 9 oz brown long grain rice into each steam table pan (12" x 20" x 2 ½"), totaling 4 pans.<br>3. Pour 2 qt 1 ¾ cups of boiling water in each pan.<br>4. Cover pans tightly. Bake in conventional oven at 350° F for 50 minutes. Remove from oven or steamer.<br><b>CCP: Hold hot at 135° F or above for hot service.</b> |                          |   |            |     |     |   |   |
| <b>Total Yield</b>  |                                   | Number of Pans: 4             |              | Equipment (if not specified in procedures above):   |                          |   |            |     |     |   |   |
| Weight:   | Measure (volume):<br>3 gal 2 cups | Pan Size: 12" x 20" x 2 ½"    |              |   |                          |   |            |     |     |   |   |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b> |                                   |                               |              |   |                          |   |            |     |     |   |   |
| <i>Specify the grade group in the columns:</i>                              |                                   | <b>Grade Group: K-8</b>       |              |   | <b>Grade Group: 9-12</b> |   |            |     |     |   |   |
| Meat/Meat Alternate   |                                   |                               |              |   |                          |   |            |     |     |   |   |
| Vegetable Subgroups   |                                   | D/G                           | B/P          | R/O   | S                        | O | D/G        | B/P | R/O | S | O |
| Fruits  |                                   |                               |              |   |                          |   |            |     |     |   |   |
| Grains  |                                   | 1.5 oz eq.                    |              |   |                          |   | 2.0 oz eq. |     |     |   |   |
| Calories  |                                   | 162                           |              |   |                          |   | 216        |     |     |   |   |
| Saturated Fat (g)   |                                   | 0.27                          |              |   |                          |   | 0.36       |     |     |   |   |
| Sodium (mg)   |                                   | 8                             |              |   |                          |   | 10         |     |     |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-14  
Adapted from: Charles County Public  
Schools, Maryland

**RECIPE NAME: Buffalo Chicken Wrap**

|   |                   |                                    |  |  |                          |     |  |
|---|-------------------|------------------------------------|--|--|--------------------------|-----|--|
| Grade Group: K-8  |                   | Grade Group: 9-12                  |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |                          |     |  |
| Number of Portions: 100   |                   | Number of Portions: 50             |  |  |                          |     |  |
| Portion Size: ½ wrap  |                   | Portion Size: 1 wrap               |  |  |                          |     |  |
| Serving Utensil: Gloved hand  |                   | Serving Utensil: Gloved hand       |  |  |                          |     |  |
| Servings Per Pan:   |                   | Servings Per Pan:                  |  |  |                          |     |  |
| Ingredients:  |                   | Weight                             | Measure  | Procedure:   |                          |     |  |
| Chicken fajita strips, WI Processed C520,<br>Goldkist/Pilgrim's Pride, Commercially Eq. Code: 1325<br><br>Flour Tortilla, whole-grain rich, 3 oz<br>Blue cheese crumbles<br>Hot sauce<br>Lettuce, iceberg, shredded |                   | 11 ¾ lb<br><br>150 oz<br>¾ lb 1 oz | 100 each<br>3 1/8 cups<br>1 cup<br>3 qt ½ cups | 1. Roast chicken fajita trips according to manufacturer's instructions and hold hot.<br><b>CCP: Hold at 135° F or higher.</b><br>2. Just before serving, lay wrap on tray or plate and place 3.75 oz of chicken on each wrap.<br>3. Top with ¼ cup shredded lettuce, 1 Tbsp blue cheese crumbles and 1 tsp hot sauce.<br>4. Wrap tightly and serve immediately.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |                          |     |  |
| <b>Total Yield</b>  |                   | Number of Pans:                    |  | Equipment (if not specified in procedures above):  |                          |     |  |
| Weight:   | Measure (volume): | Pan Size:                          |  |  |                          |     |  |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>   |                   |                                    |  |  |                          |     |  |
| <i>Specify the grade group in the columns:</i>  |                   | <b>Grade Group: K-8</b>            |  |  | <b>Grade Group: 9-12</b> |     |  |
| Meat/Meat Alternate   |                   | 1.75 oz eq.                        |  |  | 3.5 oz eq.               |     |  |
| Vegetable Subgroups   |                   | D/G                                | B/P  | R/O  | S                        | O   |  |
|   |                   |                                    |  |  |                          | 1/8 |  |
| Fruits  |                   |                                    |  |  |                          |     |  |
| Grains  |                   | 1.5 oz eq.                         |  |  | 3 oz eq.                 |     |  |
| Calories  |                   | 183                                |  |  | 365                      |     |  |
| Saturated Fat (g)   |                   | 0.79                               |  |  | 1.58                     |     |  |
| Sodium (mg)   |                   | 720                                |  |  | 1440                     |     |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-15  
Adapted from: USDA Recipe (Main Dish D-54r)

**RECIPE NAME: Chicken Alfredo with a Twist**

|  |                         |  |   |  |
|--|-------------------------|--|---|--|
| Grade Group: K-8   |                         | Grade Group: 9-12  |   | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |
| Number of Portions: 100  |                         | Number of Portions: 50   |   |  |
| Portion Size: ½ cup  |                         | Portion Size: 1 cup  |   |  |
| Serving Utensil: ½ cup spoodle   |                         | Serving Utensil: 1 cup spoodle                                 |   |  |
| Servings Per Pan:  |                         | Servings Per Pan:  |   |  |
| Ingredients:   |                         | Weight   | Measure   | Procedure:   |
| Water<br>Rotini Pasta, whole-grain, dry<br>Cream of Chicken Soup, reduced fat, low sodium, condensed<br>Fat-free Half and Half<br>Ground White Pepper<br>Garlic Powder<br>Parmesan Cheese, grated<br>Frozen, Cooked Diced chicken, thawed, ½” pieces |                         | 4 lb<br>9 lb 6 oz.<br><br><br><br><br>1 lb 1 oz.<br>6 lb 8 oz. | 6 gal<br>5 qt 1 ½ cups<br>1 gal ¾ qt<br>(3 No. 3 cans)<br>3 qt<br>2 tsp<br>1 tsp<br>1 qt 2 cups<br>1 gal 1 qt 1 cup | 1. Heat water to a rolling boil.<br>2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.<br>3. Pour into steam table pans (12” x 20” x 4”). For 50 servings, use 2 pans.<br><b>CCP: Hold pasta at 135° F or higher.</b><br>4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often.<br><b>CCP: Heat to 165° F or higher for at least 15 seconds.</b><br>5. Combine noodles and sauce immediately before serving.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |
| Total Yield  |                         | Number of Pans: 2  |   | Equipment (if not specified in procedures above):  |
| Weight: 26 lb 8 oz   | Measure (volume): 3 gal | Pan Size: 12” x 20” x 4”                                       |   |  |

**Meal Component Contribution/Nutrition Analysis Based on Portion Size**

|  |                         |     |     |   |   |                          |     |     |   |   |
|--|-------------------------|-----|-----|---|---|--------------------------|-----|-----|---|---|
| <i>Specify the grade group in the columns:</i> | <b>Grade Group: K-8</b> |     |     |   |   | <b>Grade Group: 9-12</b> |     |     |   |   |
| Meat/Meat Alternate                            | 1 oz eq.                |     |     |   |   | 2 oz eq.                 |     |     |   |   |
| Vegetable Subgroups                            | D/G                     | B/P | R/O | S | O | D/G                      | B/P | R/O | S | O |
|  |                         |     |     |   |   |                          |     |     |   |   |
| Fruits   |                         |     |     |   |   |                          |     |     |   |   |
| Grains   | 0.5 oz eq.              |     |     |   |   | 1 oz eq.                 |     |     |   |   |
| Calories                                       | 173                     |     |     |   |   | 345                      |     |     |   |   |
| Saturated Fat (g)                              | 1.80                    |     |     |   |   | 3.59                     |     |     |   |   |
| Sodium (g)                                     | 286                     |     |     |   |   | 572                      |     |     |   |   |

D/G= Dark Green    B/P= Beans/Peas (Legumes)    R/O=Red/Orange    S=Starchy    O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-16  
Adapted from: USDA Recipe (Soup H-02)

**RECIPE NAME: Chicken Noodle Soup**

|  |                               |   |   |     |   |  |                         |
|--|-------------------------------|---|---|-----|---|--|-------------------------|
| Grade Group: K-12  |                               |   |   |     | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |  |                         |
| Number of Portions: 50   |                               |   |   |     |   |  |                         |
| Portion Size: 1 cup  |                               |   |   |     |   |  |                         |
| Serving Utensil: 8 fl oz ladle   |                               |   |   |     |   |  |                         |
| Servings Per Pan:  |                               |   |   |     |   |  |                         |
| <b>Ingredients:</b>  |                               | <b>Weight</b>   | <b>Measure</b>  |     | <b>Procedure:</b>   |  |                         |
| Chicken or turkey stock, low-sodium<br>Fresh celery, chopped<br>Fresh carrots, chopped<br>Fresh onions, chopped OR Dehydrated onion<br><br>Dried parsley<br>Ground black or white pepper<br>Poultry seasoning<br>Whole grain medium noodles, dry<br>Cooked chicken, chopped, USDA Foods 100101 |                               | 1 lb 8 oz<br>12 oz<br>14 oz OR 2 ½ oz<br><br><br><br><br><br>1 lb 9 oz<br>1 lb 9 ½ oz | 3 gal 3 ½ qt<br>1 qt 1 ¾ cup<br>3 cups<br>2 1/3 cups OR 1 ¼ cups<br>¼ cup<br>1 tsp<br>1 tsp<br><br><br><br>1 qt 1 cup |     | 1. Combine stock, celery, carrots, onions, parsley, pepper and poultry seasoning.<br>2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.<br>3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.<br><b>CCP: Heat to 165° F or higher for at least 15 seconds.</b><br>4. Pour 9 lb (1 gal 2/3 cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 6 pans.<br><b>CCP: Hold at 135° F or higher for hot service.</b><br>5. Portion with 8 fl oz ladle (1 cup). |  |                         |
| <b>Total Yield</b>   |                               | Number of Pans: 6   |   |     | Equipment (if not specified in procedures above):   |  |                         |
| Weight:  | Measure (volume): 3 gal 2 cup | Pan Size: 12" x 20" x 4"  |   |     |   |  |                         |
| <b>Meal Component Contribution Based on Portion Size</b>   |                               |   |   |     |   | <b>Nutrient Analysis Based on Portion Size</b> |                         |
| Meat/Meat Alternate:   |                               | 0.5 oz eq.  |   |     |   | Calories: 98                                   |                         |
| Vegetable Subgroups  |                               | D/G   | B/P   | R/O | S   | O  | Saturated Fat (g): 0.55 |
|  |                               |   |   |     |   |  | Sodium (mg): 207        |
| Fruits   |                               |   |   |     |   |  |                         |
| Grains   |                               | 0.5 oz eq.  |   |     |   |  |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-17

**RECIPE NAME: Chicken Patty Sandwich**

|                              |   |
|------------------------------|---|
| Grade Group: K-12            | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 1        |   |
| Portion Size: 1 each         |   |
| Serving Utensil: Gloved hand |   |
| Servings Per Pan: 1          |   |

| <b>Ingredients:</b>  | <b>Weight</b> | <b>Measure</b> | <b>Procedure:</b>   |
|--|---------------|----------------|---|
| Chicken Patties, WG breasting, WI Processed C-526, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 6673 | 2.65 oz       | 1 each         | 1. Heat chicken patty in conventional oven at 350° F for 15-20 minutes.<br>2. Place heated chicken patty on whole grain rich bun.<br>3. Place in warming oven until ready for service.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |
| Whole-Grain Rich Bun, 1.5 oz   |               | 1 each         |   |

|                    |                   |                 |   |
|--------------------|-------------------|-----------------|---|
| <b>Total Yield</b> |                   | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:            | Measure (volume): | Pan Size:       |   |

| <b>Meal Component Contribution Based on Portion Size</b> |          |     |     |   |   | <b>Nutrient Analysis Based on Portion Size</b> |
|--|----------|-----|-----|---|---|--|
| Meat/Meat Alternate:                                     | 2 oz eq. |     |     |   |   | Calories: 330                                  |
| Vegetable Subgroups                                      | D/G      | B/P | R/O | S | O | Saturated Fat (g): 2.00                        |
|  |          |     |     |   |   | Sodium (mg): 853                               |
| Fruits   |          |     |     |   |   |  |
| Grains   | 2 oz eq. |     |     |   |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other



**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-18  
Adapted from: USDA Recipe (Main Dish D-20)

**RECIPE NAME: Chili**

|   |                                |                        |                                  |   |   |   |                         |
|---|--------------------------------|------------------------|----------------------------------|---|---|---|-------------------------|
| Grade Group: K-12   |                                |                        |                                  |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |                         |
| Number of Portions: 50                                    |                                |                        |                                  |   |   |   |                         |
| Portion Size: ½ cup                                       |                                |                        |                                  |   |   |   |                         |
| Serving Utensil: 4 fl oz ladle                            |                                |                        |                                  |   |   |   |                         |
| Servings Per Pan: 50                                      |                                |                        |                                  |   |   |   |                         |
| <b>Ingredients:</b>                                       |                                | <b>Weight</b>          | <b>Measure</b>                   | <b>Procedure:</b>   |   |   |                         |
| Raw ground beef, 15-18% fat, USDA Foods 100158            |                                | 7 lb                   | 2 1/3 cups                       | 1. Brown ground beef. Drain. Continue immediately.<br>2. Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.<br>3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.<br>4. Stir in beans. Cover and simmer. Stir occasionally.<br><b>CCP: Heat to 155° F or higher for at least 15 seconds.</b> OR<br>If using previously cooked and chilled beans:<br><b>CCP: Heat to 165° F or higher for at least 15 seconds.</b><br>5. Pour into servings pans.<br><b>CCP: Hold for hot service at 135° F or higher.</b> |   |   |                         |
| Fresh Onions, chopped OR                                  |                                | 14 oz                  | 1 ¼ cup                          |   |   |   |                         |
| Dehydrated Onions   |                                | 2 ½ oz                 | 1 Tbsp 1 ½ tsp                   |   |   |   |                         |
| Granulated Garlic   |                                |                        | 1 ½ cup 2 Tbsp                   |   |   |   |                         |
| Fresh Green Pepper, chopped (optional)                    |                                | 8 oz                   | 1 ½ cup 2 Tbsp                   |   |   |   |                         |
| Ground Black or White Pepper                              |                                |                        | 2 tsp                            |   |   |   |                         |
| Chili Powder  |                                |                        | 3 Tbsp                           |   |   |   |                         |
| Paprika   |                                |                        | 1 Tbsp                           |   |   |   |                         |
| Onion Powder  |                                |                        | 1 Tbsp                           |   |   |   |                         |
| Ground Cumin  |                                | 1 oz                   | ¼ cup                            |   |   |   |                         |
| Canned Diced Tomatoes, not drained                        |                                | 3 lb 3 oz              | 1 qt 2 ¼ cup<br>(1/2 No. 10 can) |   |   |   |                         |
| Water   |                                |                        | 2 qt 1 cup                       |   |   |   |                         |
| Canned Tomato Paste                                       |                                | 1 lb 12 oz             | 3 cups 2 Tbsp<br>(¼ No. 10 can)  |   |   |   |                         |
| Canned Pinto or Kidney Beans, drained OR                  |                                | 3 lb 6 oz              | 1 qt 3 ½ cups<br>(½ No. 10 can)  |   |   |   |                         |
| Dry Pinto or Kidney Beans, cooked                         |                                | 2 lb 4 oz              | 1 qt 2 cups                      |   |   |   |                         |
| <b>Total Yield</b>  |                                | <b>Number of Pans:</b> |                                  | Equipment (if not specified in procedures above):   |   |   |                         |
| Weight: 16 lb 4 oz  | Measure (volume): 1 gal 2 ¼ qt | Pan Size:              |                                  |   |   |   |                         |
| <b>Meal Component Contribution Based on Portion Size:</b> |                                |                        |                                  |   |   | <b>Nutrient Analysis Based on Portion Size:</b> |                         |
| Meat/Meat Alternate                                       |                                | 2 oz eq.               |                                  |   |   | Calories: 180                                   |                         |
| Vegetable Subgroups                                       |                                | D/G                    | B/P                              | R/O   | S   | O   | Saturated Fat (g): 3.57 |
|   |                                |                        |                                  | ¼ cup   |   | 1/8 cup   | Sodium (mg): 204        |
| Fruits  |                                |                        |                                  |   |   |   |                         |
| Grains  |                                |                        |                                  |   |   |   |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-19  
Adapted from: Michigan's Showcase of Chefs  
(by Chef Dave)

**RECIPE NAME: Cilantro-Lime Brown Rice**

|                                  |   |
|----------------------------------|---|
| <b>Grade Group:</b> K-12         | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| <b>Number of Portions:</b> 100   |   |
| <b>Portion Size:</b> ½ cup       |   |
| <b>Serving Utensil:</b> #8 scoop |   |
| <b>Servings Per Pan:</b>         |   |

| <b>Ingredients:</b>  | <b>Weight</b> | <b>Measure</b>                          | <b>Procedure:</b>   |
|--|---------------|---|---|
| Water<br>Rice, brown, long grain, regular, dry, USDA Foods 100499<br>Lime juice<br>Fresh cilantro, chopped | 6 lb 4 oz     | 2 gal 1 ¾ qt<br><br>1 ½ cup<br>2 ½ cups | 1. Boil water.<br>2. Place 1 lb 9 oz brown long grain rice into each steam table pan (12" x 20" x 2 ½"), totaling 4 pans.<br>3. Pour 2 qt 1 ¾ cups of boiling water in each pan.<br>4. Cover pans tightly. Bake in conventional oven at 350° F for 50 minutes. Remove from oven or steamer.<br>5. Mix in lime juice and chopped cilantro prior to service (about 3/8 cup of lime juice and 5/8 cup cilantro per pan).<br><b>CCP: Hold hot at 135° F or above for hot service.</b> |

|  |                            |   |
|--|----------------------------|---|
| <b>Total Yield</b>                               | Number of Pans: 2          | Equipment (if not specified in procedures above): |
| Weight: 9 lb      Measure (volume): 1 gal 2 ¼ qt | Pan Size: 12" x 20" x 2 ½" |   |

| <b>Meal Component Contribution Based on Portion Size:</b> |          |     |     |   |   | <b>Nutrient Analysis Based on Portion Size:</b> |
|---|----------|-----|-----|---|---|---|
| <b>Meat/Meat Alternate</b>                                |          |     |     |   |   | <b>Calories:</b> 110                            |
| <b>Vegetable Subgroups</b>                                | D/G      | B/P | R/O | S | O | <b>Saturated Fat (g):</b> .18                   |
|   |          |     |     |   |   | <b>Sodium (mg):</b> 6                           |
| <b>Fruits</b>   |          |     |     |   |   |   |
| <b>Grains</b>   | 1 oz eq. |     |     |   |   |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-20  
Adapted from: USDA Recipe (Soups H-09r)

|  |                         |  |  |   |   |
|--|-------------------------|--|--|---|---|
| <b>RECIPE NAME: Confetti Soup</b>  |                         |  |  |   |   |
| <b>Grade Group: K-12</b>   |                         |  |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |   |
| <b>Number of Portions: 50</b>  |                         |  |  |   |   |
| <b>Portion Size: 1 cup</b>   |                         |  |  |   |   |
| <b>Serving Utensil: 8 fl oz ladle</b>  |                         |  |  |   |   |
| <b>Servings Per Pan:</b>   |                         |  |  |   |   |
| <b>Ingredients:</b>  |                         | <b>Weight</b>  | <b>Measure</b>   | <b>Procedure:</b>   |   |
| Canola oil<br>Fresh onions, diced<br>Fresh celery, diced<br>Fresh carrots, diced<br>Salt<br>Black pepper, ground<br>Fennel seed, whole<br>Crushed red pepper (optional)<br>Canned black-eyed peas, drained, rinsed OR<br>Frozen black-eyed peas<br>Water<br>Turkey Ham, extra lean, USDA Foods 100126, diced ¼"<br>Fresh kale, coarsely chopped<br>Fresh parsley, finely chopped |                         | 1 lb 14 oz<br>1 lb 14 oz<br>1 lb 14 oz<br><br><br><br><br><br>5 lb 10 oz<br>5 lb 10 oz<br><br>3 lb<br><br><br>4 oz | ¼ cup 1 Tbsp<br>1 qt 2 cups<br>1 qt 2 cups<br>1 qt 2 cups<br>1 Tbsp 1 tsp<br>1 Tbsp 1 tsp<br>2 tsp<br>1 tsp<br>3 qt 1 cup<br>1 gal<br>1 gal 3 qt<br>1 qt 2 ½ cups<br><br>2 ½ cups<br>2/3 cup | 1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.<br>2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.<br>3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes. Note: cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.<br>4. Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.<br><b>CCP: Heat to 165° F or higher for at least 15 seconds.</b><br><b>CCP: Hold at 135° F or higher for hot service.</b><br>5. Add parsley immediately before serving. |   |
| <b>Total Yield</b>   |                         | <b>Number of Pans:</b>   |  | Equipment (if not specified in procedures above):   |   |
| Weight: 23 lb  | Measure (volume): 3 gal | Pan Size:  |  |   |   |
| <b>Meal Component Contribution Based on Portion Size:</b>  |                         |  |  |   | <b>Nutrient Analysis Based on Portion Size:</b> |
| <b>Meat/Meat Alternate</b>   | ½ oz eq.                |  |  |   | <b>Calories: 94</b>                             |
| <b>Vegetable Subgroups</b>   | D/G                     | B/P  | R/O  | S   | O   |
|  |                         | ¼ cup  |  |   | ¼ cup   |
| <b>Fruits</b>  |                         |  |  |   |   |
| <b>Grains</b>  |                         |  |  |   |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-21  
Adapted from: USDA Recipe (Soups H-12r)

**RECIPE NAME: Country Smoked Turkey and Bean Soup**

|  |                         |  |  |  |   |  |
|--|-------------------------|--|--|--|---|--|
| Grade Group: K-12  |                         |  |  |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |
| Number of Portions: 50   |                         |  |  |  |   |  |
| Portion Size: 1 cup (8 oz)   |                         |  |  |  |   |  |
| Serving Utensil: 8 fl oz ladle   |                         |  |  |  |   |  |
| Servings Per Pan:  |                         |  |  |  |   |  |
| <b>Ingredients:</b>  |                         | <b>Weight</b>  | <b>Measure</b>   | <b>Procedure:</b>  |   |  |
| Fresh onions, diced ½”<br>Fresh celery, diced<br>Fresh carrots, diced<br>Fresh kale, no stems, coarsely chopped<br>Canned low-sodium tomato paste<br><br>Fresh garlic, minced<br>Low-sodium chicken stock<br>Canned low-sodium navy beans, drained, rinsed<br><br>Salt<br>Ground black pepper<br>Smoked turkey breast, ¼” pieces<br>Fresh parsley, chopped<br>Fresh thyme, finely chopped<br>Fresh basil, finely chopped |                         | 1 lb<br>12 oz<br>12 oz<br>1 lb<br>9 oz<br><br><br><br><br><br><br>5 lb 12 oz<br><br><br><br><br><br><br>2 lb 12 oz | 3 cups 2 Tbsp<br>2 ½ cups<br>2 ½ cups<br>3 qt ½ cup<br>1 cup<br>(1/3 No. 2 ½ can)<br>½ cup<br>2 gal<br>3 qt 3 1/3 cups<br>(1 ½ No 10 can)<br>2 Tbsp 2 tsp<br>2 tsp<br>1 gal<br>½ cup<br>½ cup<br>½ cup | 1. Place onions, celery, carrots, kale, tomato paste and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.<br>2. Add stick, beans, salt, and pepper.<br>3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.<br>4. Add turkey, parsley, thyme and basil. Stir well. Simmer a minimum of 10 minutes.<br><b>CCP: Heat to 165 degrees F or higher for at least 15 minutes.</b><br><b>CCP: Hold for hot service at 135 degrees F or higher.</b> |   |  |
| <b>Total Yield</b>   |                         | Number of Pans:  |  | Equipment (if not specified in procedures above):  |   |  |
| Weight: 25 lb 8 oz   | Measure (volume): 3 gal | Pan Size:  |  |  |   |  |
| <b>Meal Component Contribution Based on Portion Size</b>   |                         |  |  |  |   | <b>Nutrient Analysis Based on Portion Size</b> |
| Meat/Meat Alternate:   | 1.5 oz eq.              |  |  |  |   | Calories: 134                                  |
| Vegetable Subgroups  | D/G                     | B/P  | R/O  | S  | O   | Saturated Fat (g): 0.67                        |
|  |                         |  | 1/8 cup  |  | 1/8 cup   | Sodium (mg): 524                               |
| Fruits   |                         |  |  |  |   |  |
| Grains   |                         |  |  |  |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-22  
Adapted from: USDA Recipe (Sauces, Gravies, and Seasoning Mixes G-13)

**RECIPE NAME: Cucumber Sauce**

|  |                                    |  |   |   |   |     |     |   |   |                         |
|--|------------------------------------|--|---|---|---|-----|-----|---|---|-------------------------|
| Grade Group: K-12  |                                    |  |   | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |   |     |     |   |   |                         |
| Number of Portions: 50   |                                    |  |   |   |   |     |     |   |   |                         |
| Portion Size: 2 Tbsp   |                                    |  |   |   |   |     |     |   |   |                         |
| Serving Utensil: 1 fl oz ladle   |                                    |  |   |   |   |     |     |   |   |                         |
| Servings Per Pan:  |                                    |  |   |   |   |     |     |   |   |                         |
| <b>Ingredients:</b>  |                                    | <b>Weight</b>                                  | <b>Measure</b>  | <b>Procedure:</b>   |   |     |     |   |   |                         |
| Fresh cucumbers, peeled, seeded<br>Fresh onions, minced<br>Reduced calorie salad dressing<br>OR<br>Low-fat mayonnaise<br>White vinegar<br>Low-fat plain yogurt<br>Dried parsley<br>Salt<br>Ground pepper, black or white |                                    | 1 lb 10 oz<br>2 oz<br>8 oz<br><br>8 oz<br>1 lb | <br>1/3 cup<br>1 cup<br><br>1 cup<br>2 Tbsp 1 tsp<br>2 cups<br>2 Tbsp<br>¼ tsp<br>¼ tsp | 1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander and press to remove juice.<br>2. In a separate bowl, mix together the rest of the ingredients.<br>3. Fold cucumbers into mixture.<br>4. Chill at least 2 hours before serving. For best results, to develop flavor, prepare the night before.<br><b>CCP: Hold at 41° F or below for cold service.</b> |   |     |     |   |   |                         |
| <b>Total Yield</b>   |                                    | <b>Number of Pans:</b>                         |   | <b>Equipment (if not specified in procedures above):</b>  |   |     |     |   |   |                         |
| Weight:<br>3 lb 2 oz   | Measure (volume):<br>1 qt 2 ½ cups | Pan Size:                                      |   |   |   |     |     |   |   |                         |
| <b>Meal Component Contribution Based on Portion Size:</b>  |                                    |  |   |   | <b>Nutrient Analysis Based on Portion Size:</b> |     |     |   |   |                         |
| Meat/Meat Alternate  |                                    |  |   |   | Calories: 20                                    |     |     |   |   |                         |
| Vegetable Subgroups  |                                    |  |   |   | D/G   | B/P | R/O | S | O | Saturated Fat (g): 0.24 |
|  |                                    |  |   |   |   |     |     |   |   | Sodium (mg): 58         |
| Fruits   |                                    |  |   |   |   |     |     |   |   |                         |
| Grains   |                                    |  |   |   |   |     |     |   |   |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-23  
Adapted from: Baltimore City Schools

**RECIPE NAME: Deli Boardwalk Sandwich**

|   |                   |                 |                |   |   |  |
|---|-------------------|-----------------|----------------|---|---|--|
| Grade Group: K-12   |                   |                 |                |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |
| Number of Portions: 100   |                   |                 |                |   |   |  |
| Portion Size: 1 each  |                   |                 |                |   |   |  |
| Serving Utensil: Gloved hand  |                   |                 |                |   |   |  |
| Servings Per Pan: 1   |                   |                 |                |   |   |  |
| <b>Ingredients:</b>   |                   | <b>Weight</b>   | <b>Measure</b> | <b>Procedure:</b>   |   |  |
| Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338 |                   | 11 lb 12 oz     | 100 slices     | 1. On a large, clean work service lay out 100 slices of bread.<br>2. Top the bread with about ½ oz of shredded lettuce and 1 to 2 slices of tomatoes.<br>3. Top the vegetables with 1 slice of turkey (1.875 oz), ½ slice of ham, 2 slices of salami, and 1 slice of cheese.<br>4. Top the sandwich with final layer of bread.<br>5. Cut each sandwich in half diagonally. Cover and refrigerate for service.<br><b>CCP: Hold at 41° or below for cold service.</b> |   |  |
| Ham, reduced sodium, USDA Foods 110296  |                   | 3 lb 14 oz      | 50 slices      |   |   |  |
| Salami  |                   | 4 lb            | 200 slices     |   |   |  |
| Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253         |                   | 3 lb 2 oz       | 100 slices     |   |   |  |
| Whole wheat bread   |                   | 12 lb 8 oz      | 200 slices     |   |   |  |
| Lettuce, iceberg, shredded  |                   | 3 lb 7 oz       | 6 qt 1 cup     |   |   |  |
| Raw tomatoes, sliced  |                   | 2 lb 8 oz       | 1 qt 2 ¼ cups  |   |   |  |
| <b>Total Yield</b>  |                   | Number of Pans: |                | Equipment (if not specified in procedures above):   |   |  |
| Weight:   | Measure (volume): | Pan Size:       |                |   |   |  |
| <b>Meal Component Contribution Based on Portion Size</b>                            |                   |                 |                |   |   | <b>Nutrient Analysis Based on Portion Size</b> |
| Meat/Meat Alternate:  | 2 oz eq.          |                 |                |   |   | Calories: 306                                  |
| Vegetable Subgroups   | D/G               | B/P             | R/O            | S   | O   | Saturated Fat (g): 3                           |
|   |                   |                 |                |   |   | Sodium (mg): 1299                              |
| Fruits  |                   |                 |                |   |   |  |
| Grains  | 2 oz eq.          |                 |                |   |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-24  
Adapted from: USDA FNS

**RECIPE NAME: Deluxe Refried Bean Dip**

|   |                   |          |                 |     |   |   |   |  |  |
|---|-------------------|----------|-----------------|-----|---|---|---|--|--|
| Grade Group: 9-12   |                   |          |                 |     | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |   |  |  |
| Number of Portions: 98  |                   |          |                 |     |   |   |   |  |  |
| Portion Size: ¼ cup   |                   |          |                 |     |   |   |   |  |  |
| Serving Utensil: #16 Scoop  |                   |          |                 |     |   |   |   |  |  |
| Servings Per Pan:   |                   |          |                 |     |   |   |   |  |  |
| <b>Ingredients:</b>   |                   |          | <b>Weight</b>   |     | <b>Measure</b>  |   | <b>Procedure:</b>   |  |  |
| Refried beans, low sodium, USDA Foods 100362<br>Fat-free sour cream |                   |          | 14 lb 6 oz.     |     | 2 No.10 cans<br>3 cups  |   | 1. Heat beans and sour cream in large skillet over medium heat for about 5 minutes.<br>2. Stir in until well combined.<br>3. Portion with #16 scoop and serve.<br><b>CCP: Hold at 135° F or higher for hot service.</b>   |  |  |
|   |                   |          |                 |     |   |   | <div style="border: 1px solid black; padding: 5px; margin-top: 20px;">           *This recipe's crediting is based on offering the bean/pea/legume in the dish as a meat. If NOT doing this, then crediting for one portion of the recipe ½ cup bean/pea/legume.         </div> |  |  |
| <b>Total Yield</b>  |                   |          | Number of Pans: |     | Equipment (if not specified in procedures above):   |   |   |  |  |
| Weight:   | Measure (volume): |          | Pan Size:       |     |   |   |   |  |  |
| <b>Meal Component Contribution Based on Portion Size</b>            |                   |          |                 |     |   |   |   | <b>Nutrient Analysis Based on Portion Size</b> |  |
| Meat/Meat Alternate:  |                   | 1 oz eq. |                 |     |   |   |   | Calories: 85                                   |  |
| Vegetable Subgroups   |                   | D/G      | B/P             | R/O | S   | O | Saturated Fat (g): 0.25   |  |  |
|   |                   |          |                 |     |   |   | Sodium (mg): 100  |  |  |
| Fruits  |                   |          |                 |     |   |   |   |  |  |
| Grains  |                   |          |                 |     |   |   |   |  |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-25  
Adapted from: USDA Recipe (Main Dish D-40)

**RECIPE NAME: Fiesta Chicken Fajitas**

|   |                          |                                   |  |
|---|--------------------------|-----------------------------------|--|
| Grade Group: K-12   |                          |                                   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |
| Number of Portions: 50  |                          |                                   |  |
| Portion Size: 1 fajita  |                          |                                   |  |
| Serving Utensil:  |                          |                                   |  |
| Servings Per Pan: 50  |                          |                                   |  |
| <b>Ingredients:</b>   | <b>Weight</b>            | <b>Measure</b>                    | <b>Procedure:</b>  |
| Vegetable stock, non-MSG  |                          | 2 cups                            | <ol style="list-style-type: none"> <li>Dissolve the cornstarch in the vegetable stock.</li> <li>Heat over medium heat until thickened. Cool.</li> <li>Add the oil to the cooled, thickened stock mixture.</li> <li>Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.</li> <li>Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.</li> <li>Drain the chicken. Discard any leftover marinade.</li> <li>Prepare no more than 50 portions per batch.</li> <li>Preheat grill to 350° F. Add 7 lb 10 ½ oz of the chicken and sauté according to package directions. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</li> <li>Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.<br/> <b>CCP: Heat to 165° F or higher for at least 15 seconds.</b><br/> <b>CCP: Hold for hot service at 135° F or higher.</b> </li> <li>For each serving, place No. 8 scoop (1/2 cup) of filling on each tortilla. Top with ¼ cup shredded romaine and 1/8 cup fresh diced tomatoes.</li> </ol> |
| Cornstarch  |                          | ¼ cup                             |  |
| Vegetable Oil   |                          | 2 cups                            |  |
| White Vinegar   |                          | 2 cups                            |  |
| Sugar   | 12 oz                    | 1 ½ cups                          |  |
| Ground black or white pepper  |                          | 1 Tbsp 1 tsp                      |  |
| Granulated Garlic   |                          | 1 Tbsp 1 tsp                      |  |
| Chili Powder  |                          | 2 Tbsp                            |  |
| Ground Cumin  |                          | 1 ¼ tsp                           |  |
| Dried Oregano   |                          | 2 tsp                             |  |
| Chicken fajita strips, WI Processed C520, Goldkist/Pilgrim's Pride, Commercially Eq. Code: 1325 | 7 lb 10 ½ oz             |                                   |  |
| Whole-Kernel Corn, Frozen   | 2 lb 4 oz                | 1 qt 2 ¼ cups                     |  |
| Fresh Onions, diced   | 12 oz                    | 2 cups                            |  |
| Fresh Green Peppers, diced  | 8 oz                     | 1 ½ cups 2 Tbsp                   |  |
| Canned Diced Tomatoes, Drained  | 1 lb                     | 1 ¾ cups 2 Tbsp (1/4 No. 10 can)  |  |
| Canned Salsa  | 1 lb                     | 1 ¾ cups 2 Tbsp                   |  |
| Whole Wheat Rich/100% Corn Tortillas  | 50 oz                    | 50 each                           |  |
| Fresh Tomatoes, diced   |                          | 1 qt 2 ¼ cups                     |  |
| Fresh Romaine, shredded   |                          | 3 qt ½ cup                        |  |
| <b>Total Yield</b>  | <b>50 servings</b>       | <b>Number of Pans: 1</b>          | <b>Equipment (if not specified in procedures above):</b>   |
| <b>Weight:</b>  | <b>Measure (volume):</b> | <b>Pan Size: 12" x 20" x 2 ½"</b> |  |



**On, Wisconsin! Menus – Lunch Recipes**

| Meal Component Contribution Based on Portion Size: |          |     |         |   |         | Nutrient Analysis Based on Portion Size: |
|--|----------|-----|---------|---|---------|--|
| Meat/Meat Alternate                                | 2 oz eq. |     |         |   |         | Calories: 290                            |
| Vegetable Subgroups                                | D/G      | B/P | R/O     | S | O       | Saturated Fat (g): 2.88                  |
|  | 1/8 cup  |     | 1/8 cup |   | 1/8 cup | Sodium (mg): 539                         |
| Fruits   |          |     |         |   |         |  |
| Grains   | 1 oz eq. |     |         |   |         |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-26  
Adapted from: USDA Recipe (Main Dish D-62r)

**RECIPE NAME: Fiesta Mexican Lasagna**

| Grade Group: K-12                               |           |                 | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |
|---|-----------|-----------------|--|
| Number of Portions: 50                          |           |                 |  |
| Portion Size: 1 Piece                           |           |                 |  |
| Serving Utensil:                                |           |                 |  |
| Servings Per Pan: 25                            |           |                 |  |
| Ingredients:                                    | Weight    | Measure         | Procedure:   |
| Canola Oil                                      |           | ¼ cup 1 Tbsp    | <ol style="list-style-type: none"><li>Combine oil, green peppers, corn and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans.</li><li>Roast uncovered until lightly brown around edges:<br/>Conventional oven: 350° F for 20 minutes.<br/>Convection oven: 350° F for 12 minutes.</li><li>Place squash in perforated steam table pan. (12" x 20" x 2 ½") and steam for 15 minutes or until tender. For 50 servings, use 2 pans.</li><li>Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.</li><li>Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika and salt for 5 minutes or until soft.</li><li>Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother. For 50 servings, use about ¼ cup water. Set aside.</li><li>Combine spaghetti sauce and salsa. Set aside.</li><li>For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.</li><li>Assembly:<ol style="list-style-type: none"><li>Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans.</li><li>First layer: 1 qt ¼ cup sauce</li><li>Second layer:<ol style="list-style-type: none"><li>8 oz. whole chips (about 85 chips), slightly overlapping.</li><li>1 qt 1 cup bean mixture</li><li>1 qt ½ cup squash/vegetable mixture</li></ol></li></ol></li></ol> |
| Fresh green bell peppers, diced                 | 10 oz     | 1 ½ cups        |  |
| Canned, low-sodium corn, drained, rinsed        | 3 lb      | 1 qt 2 ½ cups   |  |
| Fresh onions, diced                             | 3 lb      | 2 qt 1 3/8 cup  |  |
| Fresh butternut squash, peeled, cubed ½"        | 3 lb 8 oz | 3 qt 3 cups     |  |
| Ground oregano                                  |           | 1 Tbsp 1 tsp    |  |
| Ground cumin                                    |           | 1 Tbsp 1 tsp    |  |
| Granulated garlic                               |           | 1 Tbsp 1 tsp    |  |
| Chili powder                                    |           | 1 Tbsp 1 tsp    |  |
| Paprika   |           | 1 Tbsp 1 tsp    |  |
| Salt  |           | 1 Tbsp 1 tsp    |  |
| Canned, low-sodium black beans, drained, rinsed | 8 lb 8 oz | 3 qt 3 1/3 cups |  |
| Canned, low-sodium meatless spaghetti sauce     | 5 lb 8 oz | 2 qt 2 cups     |  |
| Canned, low-sodium salsa, mild                  | 3 lb 8 oz | 1 qt 3 cups     |  |
| Low-sodium, whole corn tortilla chips           | 3 lb      | About 530 Chips |  |

### On, Wisconsin! Menus – Lunch Recipes

|  |                                      |                            |     |         |   |  |  |
|--|--------------------------------------|----------------------------|-----|---------|---|--|--|
|  |                                      |                            |     |         |   |  | <div>d. Third layer: Repeat second layer.</div> <div>e. Fourth layer:<div><div>i. 1 qt ¼ cup sauce</div><div>ii. 8 oz crumbled chips, about 2 ½ cups</div></div></div> <div>10. Tightly cover pans.</div> <div>11. Bake:<div><div>a. Conventional oven: 350° F for 40 minutes.</div><div>b. Convection oven: 350° F for 30 minutes.</div></div><div><b>CCP: Heat to 135° F or higher for at least 15 seconds.</b></div><div>12. Remove from oven. Uncover. Allow to set for 15 minutes before serving.</div><div><b>CCP: Hold at 135° F or higher for hot service.</b></div><div>13. Cut each pan 5 x 5 (25 pieces). Serve 1 piece (2" x 3 ¾" square).</div></div> <div><div>*The above crediting is based on offering the bean/pea/legume in the dish as the MEAT/MEAT ALTERNATE. If NOT doing this, then crediting is as follows: ¼ cup legume, 3/8 cup red/orange, ¼ cup starchy, 1/8 cup other, and 0.75 oz. eq. grains.</div></div> |
| <b>Total Yield</b>                                       |                                      | Number of Pans: 2          |     |         | Equipment (if not specified in procedures above): |  |  |
| Weight: 36 lb  | Measure (volume): 2 steam table pans | Pan Size: 12" x 20" x 2 ½" |     |         |   |  |  |
|  |                                      |                            |     |         |   |  |  |
| <b>Meal Component Contribution Based on Portion Size</b> |                                      |                            |     |         |   | <b>Nutrient Analysis Based on Portion Size</b> |  |
| Meat/Meat Alternate:                                     |                                      | 1 oz eq.                   |     |         |   | Calories: 264                                  |  |
| Vegetable Subgroups                                      |                                      | D/G                        | B/P | R/O     | S   | O  | Saturated Fat (g): 0.51  |
|  |                                      |                            |     | 3/8 cup | ¼ cup   | 1/8 cup  | Sodium (mg): 425   |
| Fruits   |                                      |                            |     |         |   |  |  |
| Grains   |                                      | 0.75 oz eq.                |     |         |   |  |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-27  
Adapted from: Iowa Gold Star Recipes

**RECIPE NAME: Fish Taco**

|   |  |  |         |   |   |                         |
|---|--|--|---------|---|---|-------------------------|
| Grade Group: K-12   |  |  |         |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |                         |
| Number of Portions: 100   |  |  |         |   |   |                         |
| Portion Size: 1 taco with ½ cup coleslaw  |  |  |         |   |   |                         |
| Serving Utensil:  |  |  |         |   |   |                         |
| Servings Per Pan: 100   |  |  |         |   | <b>Procedure:</b><br><br>1. Add sour cream, mayonnaise, lemon juice, cilantro, and taco seasoning to a food processor. Process until well blended.<br>2. Add sour cream mixture to cabbage and tomatoes, fold until well mixed.<br><b>CCP: Hold at 41° F or below for cold service.</b><br>3. Cut fish portions into ¾" pieces.<br>4. Mix olive oil, lemon juice, and taco seasoning. Toss with fish.<br>5. Transfer fish to oiled steam table pan, arrange into single layer. Discard extra marinade.<br>6. Bake:<br>Conventional oven: 425° F for 18-20 minutes<br>Convection oven: 375° F for 13-15 minutes<br>Fish should flake easily when tested with a fork.<br><b>CCP: Heat to 145° F or higher for at least 15 seconds.</b><br>7. Place tortillas in warmer to prevent tearing when folding or steam tortillas for 3 minutes until warm to prevent tearing.<br>8. Fill each corn tortilla with 2.0 oz. portion of fish immediately before service.<br><b>CCP: Hold at 135° F or higher for hot service.</b><br>9. Serve with ½ cup (No. 8 scoop) coleslaw mixture on the side. |                         |
| <b>Ingredients:</b>   | <b>Weight</b>  | <b>Measure</b>   |         |   |   |                         |
| Sour cream, nonfat<br>Mayonnaise, low-fat<br>Lemon Juice<br>Fresh Cilantro, roughly chopped<br>Taco Seasoning Mix, low sodium<br>Red and Green Cabbage, shredded<br>Tomatoes, fresh, diced<br>Pollock, unbreaded*<br>Olive Oil<br>Lemon Juice<br><br>Taco Seasoning Mix, low sodium<br>Tortilla, whole grain, 33 g each<br><br>*Weight based on CN label for Pollock wedge,<br>2.6 oz = 2 oz M/MA | 3 lb<br>2 lb<br><br>5 oz<br>11 oz<br>6 lb 2 oz<br>7 lb 6 oz<br>16 lb 4 oz<br><br><br><br><br><br>12 oz | 1 qt 2 cups<br>1 qt<br>½ cup<br>1 qt<br>2 cups<br>2 gal 6 cups<br>1 gal<br>100 each<br>1 cup 1 ½ tsp<br>2 cup 1 Tbsp 1 ½ tsp<br>2 ¼ cups<br>100 each |         |   |   |                         |
| Total Yield   |  | Number of Pans:  |         | Equipment (if not specified in procedures above): |   |                         |
| Weight:   | Measure (volume):  | Pan Size:  |         |   |   |                         |
| Meal Component Contribution Based on Portion Size:  |  |  |         |   | Nutrient Analysis Based on Portion Size:  |                         |
| Meat/Meat Alternate   | 2 oz eq.   |  |         |   | Calories: 220   |                         |
| Vegetable Subgroups   | D/G  | B/P  | R/O     | S   | O   | Saturated Fat (g): 0.96 |
|   |  |  | 1/8 cup |   | 3/8 cup   | Sodium (mg): 480        |
| Fruits  |  |  |         |   |   |                         |
| Grains  | 1 oz eq.   |  |         |   |   |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-28

**RECIPE NAME: Flame Broiled Cheeseburger**

|                              |   |
|------------------------------|---|
| Grade Group: K-12            | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 1        |   |
| Portion Size: 1 each         |   |
| Serving Utensil: Gloved hand |   |
| Servings Per Pan: 1          |   |

| <b>Ingredients:</b>  | <b>Weight</b> | <b>Measure</b> | <b>Procedure:</b>  |
|--|---------------|----------------|--|
| Char-broiled Beef Patty, WI Processed C408, JTM, Commercial Eq. Code: 5682CE | 2.05 oz       | 1 each         | 1. Heat burger patty according to directions on package.<br>2. Place heated burger on whole grain rich bun.<br>3. Place 1 slice cheese on top of burger patty and cover with other side of whole grain rich bun.<br>4. Place in warming oven until ready for service.<br><b>CCP: Hold at 135° or higher for hot service.</b> |
| Cheese slices, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253  | ½ oz          | 1 slice        |  |
| Whole-Grain Rich Bun   | 2 oz          | 1 bun          |  |

|                    |                   |                 |   |
|--------------------|-------------------|-----------------|---|
| <b>Total Yield</b> |                   | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:            | Measure (volume): | Pan Size:       |   |

| <b>Meal Component Contribution Based on Portion Size</b> |            |     |     |   |   | <b>Nutrient Analysis Based on Portion Size</b> |
|--|------------|-----|-----|---|---|--|
| Meat/Meat Alternate:                                     | 2.5 oz eq. |     |     |   |   | Calories: 328                                  |
| Vegetable Subgroups                                      | D/G        | B/P | R/O | S | O | Saturated Fat (g): 5.25                        |
|  |            |     |     |   |   | Sodium (mg): 721                               |
| Fruits   |            |     |     |   |   |  |
| Grains   | 2 oz eq.   |     |     |   |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-29  
Adapted from: Healthier Kansas Recipe 183

**RECIPE NAME: Fresh Mixed Fruit Cup**

|   |                         |                                |   |   |   |                          |     |     |   |   |
|---|-------------------------|--------------------------------|---|---|---|--------------------------|-----|-----|---|---|
| Grade Group: K-8  |                         | Grade Group: 9-12              |   | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |   |                          |     |     |   |   |
| Number of Portions: 100   |                         | Number of Portions: 50         |   |   |   |                          |     |     |   |   |
| Portion Size: ½ cup   |                         | Portion Size: 1 cup            |   |   |   |                          |     |     |   |   |
| Serving Utensil: ½ cup spoodle  |                         | Serving Utensil: 1 cup spoodle |   |   |   |                          |     |     |   |   |
| Servings Per Pan:   |                         | Servings Per Pan:              |   |   |   |                          |     |     |   |   |
| Ingredients:  |                         | Weight                         | Measure                                   | Procedure:  |   |                          |     |     |   |   |
| Apples, fresh<br>Bananas, fresh<br>Fruit cocktail, light syrup              |                         | 6 lb 4 oz<br>10 lb 4 oz        | 1 gal 2 cups<br>3 qt 2 cups<br>2 #10 cans | 1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Drain.<br>2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.<br>3. Slice bananas.<br>4. Mix fresh fruit with canned fruit.<br>5. Chill thoroughly.<br><b>CCP: Hold at 41° F or lower for cold service.</b> |   |                          |     |     |   |   |
| <b>Total Yield</b>  |                         | Number of Pans:                |   | Equipment (if not specified in procedures above):   |   |                          |     |     |   |   |
| Weight:   | Measure (volume):       | Pan Size:                      |   |   |   |                          |     |     |   |   |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b> |                         |                                |   |   |   |                          |     |     |   |   |
| <i>Specify the grade group in the columns:</i>                              | <b>Grade Group: K-8</b> |                                |   |   |   | <b>Grade Group: 9-12</b> |     |     |   |   |
| Meat/Meat Alternate   |                         |                                |   |   |   |                          |     |     |   |   |
| Vegetable Subgroups   | D/G                     | B/P                            | R/O                                       | S   | O | D/G                      | B/P | R/O | S | O |
| Fruits  | ½ cup                   |                                |   |   |   | 1 cup                    |     |     |   |   |
| Grains  |                         |                                |   |   |   |                          |     |     |   |   |
| Calories  | 46                      |                                |   |   |   | 92                       |     |     |   |   |
| Saturated Fat (g)   | 0                       |                                |   |   |   | 0                        |     |     |   |   |
| Sodium (mg)   | 2                       |                                |   |   |   | 4                        |     |     |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-30a  
Adapted from: Minneapolis Public Schools

**RECIPE NAME: Greek Grilled Chicken Salad**

|  |                   |                 |                |  |   |  |
|--|-------------------|-----------------|----------------|--|---|--|
| Grade Group: K-12  |                   |                 |                |  | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |
| Number of Portions: 50   |                   |                 |                |  |   |  |
| Portion Size: 1 Salad  |                   |                 |                |  |   |  |
| Serving Utensil:   |                   |                 |                |  |   |  |
| Servings Per Pan:  |                   |                 |                |  |   |  |
| <b>Ingredients:</b>  |                   | <b>Weight</b>   | <b>Measure</b> | <b>Procedure:</b>  |   |  |
| Romaine lettuce, shredded  |                   | 9 lb 12 oz      |                | 1. Place 1 ½ cups of lettuce in an individual salad dish.<br>2. Place 1 chicken patty, sliced, on lettuce.<br>3. Garnish each with 3 tomatoes, 1 pepperoncini, 1/8 cup cucumber, and 2 olives.<br>4. Place 2 slices of onion and ¼ oz (1 Tbsp) of feta cheese on top of chicken.<br>5. Serve with Greek Yogurt Balsamic Vinaigrette (WIDPI-30b).<br><b>CCP: Hold at 41° F or lower for cold service.</b> |   |  |
| Grilled chicken patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced |                   | 7 lb 13 oz      | 50 patties     |  |   |  |
| Cherry tomatoes  |                   | 4 lb 4 oz       | 150 each       |  |   |  |
| Black olives, whole  |                   | 14 oz           | 100 each       |  |   |  |
| Pepperoncini peppers   |                   | 18 oz           | 6 ¼ cups (50)  |  |   |  |
| Cucumber, chopped  |                   | 12 lb 8 oz      | 6 ¼ cup        |  |   |  |
| Red onions, sliced 1/8" thick  |                   | 1 lb            | 3 cups 2 Tbsp  |  |   |  |
| Feta cheese  |                   | 12 ½ oz         |                |  |   |  |
| <b>Total Yield</b>   |                   | Number of Pans: |                | Equipment (if not specified in procedures above):  |   |  |
| Weight:  | Measure (volume): | Pan Size:       |                |  |   |  |
| <b>Meal Component Contribution Based on Portion Size</b>   |                   |                 |                |  |   | <b>Nutrient Analysis Based on Portion Size</b> |
| Meat/Meat Alternate:   |                   | 2.25 oz eq.     |                |  |   | Calories: 155                                  |
| Vegetable Subgroups  |                   | D/G             | B/P            | R/O  | S   | O  |
|  |                   | ¾ cup           |                | ¼ cup  |   | ¼ cup  |
| Fruits   |                   |                 |                |  |   | Saturated Fat (g): 2.24                        |
| Grains   |                   |                 |                |  |   | Sodium (mg): 465                               |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-30b  
Adapted from: Alliance for a Healthier Generation

**RECIPE NAME: Greek Yogurt Balsamic Vinaigrette**

|                                |   |
|--------------------------------|---|
| Grade Group: K-12              | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 16         |   |
| Portion Size: 2 Tbsp           |   |
| Serving Utensil: 1 fl oz ladle |   |
| Servings Per Pan:              |   |

| Ingredients:   | Weight | Measure   | Procedure:   |
|--|--------|---|--|
| Extra virgin olive oil<br>Greek yogurt, non-fat<br>Balsamic vinegar<br>Honey<br>Salt<br>Pepper |        | ½ cup<br>½ cup<br>1 cup<br>2 Tbsp<br>1 tsp<br>1 tsp | 1. Combine all ingredients into a small bowl and whisk until well combined.<br>2. Store in refrigerator.<br><b>CCP: Hold at 41° F or lower for cold service.</b> |

|                                |                 |   |
|--------------------------------|-----------------|---|
| <b>Total Yield</b>             | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:      Measure (volume): | Pan Size:       |   |

| Meal Component Contribution Based on Portion Size |     |     |     |   |   | Nutrient Analysis Based on Portion Size |
|---|-----|-----|-----|---|---|---|
| Meat/Meat Alternate:                              |     |     |     |   |   | Calories: 83                            |
| Vegetable Subgroups                               | D/G | B/P | R/O | S | O | Saturated Fat (g): 0.93                 |
|   |     |     |     |   |   | Sodium (mg): 150                        |
| Fruits  |     |     |     |   |   |   |
| Grains  |     |     |     |   |   |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other



**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-31  
Adapted from: Iowa Gold Star Recipes

**RECIPE NAME: Harvest Glazed Carrots**

|  |                              |   |  |  |                          |   |       |
|--|------------------------------|---|--|--|--------------------------|---|-------|
| Grade Group: K-8   |                              | Grade Group: 9-12   |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |                          |   |       |
| Number of Portions: 200  |                              | Number of Portions: 100                                     |  |  |                          |   |       |
| Portion Size: ¼ cup  |                              | Portion Size: ½ cup   |  |  |                          |   |       |
| Serving Utensil: #16 scoop   |                              | Serving Utensil: #8 scoop                                   |  |  |                          |   |       |
| Servings Per Pan:  |                              | Servings Per Pan:   |  |  |                          |   |       |
| <b>Ingredients:</b>  |                              | <b>Weight</b>   | <b>Measure</b>   | <b>Procedure:</b>  |                          |   |       |
| Carrots, frozen, sliced<br>Butter<br>Sugar<br>Frozen orange juice concentrate<br>Honey<br>Ground nutmeg<br>Ground cinnamon<br>Water, cold<br>Cornstarch<br>Dried cherries, chopped |                              | 21 lb 4 oz<br>1 lb<br>10 oz<br>14 oz<br>14 oz<br><br>8 ½ oz | 2 qt 2 cups<br>2 cup<br>1 ¼ cup 3 Tbsp<br>1 ½ cup<br>1 ¼ cup<br>1 Tbsp 1 tsp<br>1 Tbsp 1 tsp<br>1 qt<br>2/3 cup<br>2 cup | 1. Divide carrots evenly into steam table pans (12" x 20" x 2 1/2"), placing about 12.5 lbs per pan.<br>2. For glaze: combine butter, sugar, orange juice, concentrate, honey, nutmeg and cinnamon.<br>3. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.<br>4. Bring glaze to a boil, stirring constantly. Remove from heat.<br>5. Add dried cherries to carrots<br>6. Pour 2 ¾ cups glaze over each pan of carrots.<br>7. Bake:<br>Conventional oven: 375° F for 20-30 minutes<br>Convection oven: 325° F for 15-20 minutes<br><b>CCP: Hold for hot service at 135° F or higher.</b> |                          |   |       |
| <b>Total Yield</b>   |                              | Number of Pans: 2   |  | Equipment (if not specified in procedures above):  |                          |   |       |
| Weight: 18 lb  | Measure (volume): 1 gal 2 qt | Pan Size: 12" x 20" x 2 ½"                                  |  |  |                          |   |       |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>  |                              |   |  |  |                          |   |       |
| <i>Specify the grade group in the columns:</i>   |                              | <b>Grade Group: K-8</b>                                     |  |  | <b>Grade Group: 9-12</b> |   |       |
| Meat/Meat Alternate  |                              |   |  |  |                          |   |       |
| Vegetable Subgroups  |                              | D/G   | B/P  | R/O  | S                        | O |       |
|  |                              |   |  | ¼ cup  |                          |   | ½ cup |
| Fruits   |                              |   |  |  |                          |   |       |
| Grains   |                              |   |  |  |                          |   |       |
| Calories   | 60                           |   |  | 120  |                          |   |       |
| Saturated Fat (g)  | 1.25                         |   |  | 2.5  |                          |   |       |
| Sodium (g)   | 45                           |   |  | 90   |                          |   |       |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-32a  
Adapted from: Michigan's Showcase of Chefs  
(by Chef Dave)

**RECIPE NAME: Harvest Salad**

|  |                   |   |  |  |  |         |                         |
|--|-------------------|---|--|--|--|---------|-------------------------|
| Grade Group: K-12  |                   |   |  | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |  |         |                         |
| Number of Portions: 72 salads  |                   |   |  |  |  |         |                         |
| Portion Size: 1 salad  |                   |   |  |  |  |         |                         |
| Serving Utensil:   |                   |   |  |  |  |         |                         |
| Servings Per Pan:  |                   |   |  |  |  |         |                         |
| Ingredients:   |                   | Weight  | Measure  | Procedure:   |  |         |                         |
| Green bell pepper, sliced<br>Carrots, shredded<br>Edamame, shelled<br>Iceberg lettuce, chopped or shredded<br>Romaine lettuce, chopped or shredded<br>Spinach, chopped or shredded<br><br>Grilled chicken patty, WI Processed C524,<br>Goldkist/Pilgrim's Pride, Commercial Eq. Code:<br>26624, thawed, sliced<br><br>Dried cherries, pitted<br>Apples, cored and sliced |                   | 4 lb 8 oz<br><br><br><br><br><br><br><br><br><br>11 lb 4 oz | 1 qt ½ cup<br>1 qt ½ cup<br><br>3 gal<br>3 gal<br>3 gal<br><br>72 patties<br><br><br><br><br><br>1 qt ½ cup<br>1 qt 2 cups | 1. Prepare peppers by washing and cutting in Julienne style.<br>2. Roast the edamame beans until soft.<br>3. Mix the lettuces together.<br>4. Place 2 cups of mixed lettuces in each serving container.<br>5. Assemble individual salads by layering ingredients on top of lettuce mix: grilled chicken patty (2.5 oz patty), cherries (1 Tbsp), apples (4 slices), edamame (1 oz), green peppers (1 Tbsp), and shredded carrots (1 Tbsp).<br><b>CCP: Cool to 41° F or lower within 4 hours.</b><br>6. Serve each salad with 2 Tbsp of dressing (see recipe WIDPI-31b). Salads may be dressed lightly prior to service with no more than 2 Tbsp of dressing per salad.<br><b>CCP: Hold at 41° F or lower for cold service.</b> |  |         |                         |
| Total Yield  |                   | Number of Pans:   |  | Equipment (if not specified in procedures above):  |  |         |                         |
| Weight:  | Measure (volume): | Pan Size:   |  |  |  |         |                         |
| Meal Component Contribution Based on Portion Size:   |                   |   |  |  | Nutrient Analysis Based on Portion Size: |         |                         |
| Meat/Meat Alternate  |                   | 2 oz eq.  |  |  | Calories: 178                            |         |                         |
|  |                   | D/G   | B/P  | R/O  | S  | O       | Saturated Fat (g): 1.04 |
| Vegetable Subgroups  |                   | 5/8 cup   | 1/8 cup  |  |  | 3/8 cup | Sodium (mg): 341        |
| Fruits   |                   | 1/8 cup   |  |  |  |         |                         |
| Grains   |                   |   |  |  |  |         |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-32b  
Adapted from: Michigan's Showcase of Chefs  
(by Chef Dave)

**RECIPE NAME: Harvest Salad Dressing**

|   |                          |                        |  |   |   |                         |
|---|--------------------------|------------------------|--|---|---|-------------------------|
| Grade Group: K-12   |                          |                        |  |   | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes cooling step |                         |
| Number of Portions: 72  |                          |                        |  |   |   |                         |
| Portion Size: 2 Tbsp  |                          |                        |  |   |   |                         |
| Serving Utensil: 1 fl oz ladle  |                          |                        |  |   |   |                         |
| Servings Per Pan:   |                          |                        |  |   |   |                         |
| <b>Ingredients:</b>   |                          | <b>Weight</b>          | <b>Measure</b>   | <b>Procedure:</b>   |   |                         |
| Olive Oil<br>Orange Juice<br>Lemon Juice<br>Honey<br>Hot Sauce<br>Sweet & Sour Sauce<br>Poppy Seeds |                          |                        | 3 cups<br>1 ½ cups<br>1 ½ cups<br>3 cups<br>¾ cup<br>¾ cup<br>1 Tbsp | 1. Prepare dressing by whipping the oil, juices, and honey.<br>2. Add seasonings and whip. If a hotter dressing is desired, the hot sauce can be doubled. |   |                         |
| <b>Total Yield</b>  |                          | <b>Number of Pans:</b> |  | <b>Equipment (if not specified in procedures above):</b>  |   |                         |
| <b>Weight:</b>  | <b>Measure (volume):</b> | <b>Pan Size:</b>       |  |   |   |                         |
| <b>Meal Component Contribution Based on Portion Size:</b>   |                          |                        |  |   | <b>Nutrient Analysis Based on Portion Size:</b>   |                         |
| Meat/Meat Alternate   |                          |                        |  |   |   | Calories: 131           |
| Vegetable Subgroups   |                          | D/G                    | B/P  | R/O   | S   | O                       |
|   |                          |                        |  |   |   |                         |
| Fruits  |                          |                        |  |   |   | Saturated Fat (g): 1.25 |
| Grains  |                          |                        |  |   |   | Sodium (mg): 28         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-33  
Adapted from: USDA Recipe (Soups H-11r)

**RECIPE NAME: Hearty Spanish Stew**

|  |                              |   |   |   |   |  |
|--|------------------------------|---|---|---|---|--|
| Grade Group: K-12  |                              |   |   |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |
| Number of Portions: 50   |                              |   |   |   |   |  |
| Portion Size: 1 cup  |                              |   |   |   |   |  |
| Serving Utensil: 8 fl oz ladle   |                              |   |   |   |   |  |
| Servings Per Pan:  |                              |   |   |   |   |  |
| <b>Ingredients:</b>  |                              | <b>Weight</b>   | <b>Measure</b>  | <b>Procedure:</b>   |   |  |
| Extra virgin olive oil<br>Fresh garlic, minced<br>Fresh onions, diced<br>Sweet paprika<br>Ground cumin<br>Frozen spinach, chopped<br>Canned low-sodium garbanzo beans, drained, rinsed<br><br>Golden seedless raisins<br>Canned low-sodium diced tomatoes<br><br>Low-sodium chicken stock<br>Red wine vinegar<br>Salt<br>Ground black pepper |                              | 3 oz<br>5 lb<br><br>4 lb 8 oz<br>8 lb 2 oz<br><br>2 lb 6 oz<br>2 lb 10 oz | 1 ½ cups<br>¼ cup 1 1/3 Tbsp<br>1 gal<br>¼ cup 1 1/3 Tbsp<br>1 Tbsp<br>1 gal 2 qt<br>1 gal 1 qt<br>(2 No 10 cans)<br>1 qt 3 ½ cups<br>1 qt 1 cup<br>(½ No. 10 can)<br>3 qt ½ cup<br>½ cup<br>2 tsp<br>2 tsp | 1. Heat oil in roasting pan/square head pan (20 7/8" x 17 3/8" x 7"). Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent.<br>2. Mix in paprika and cumin.<br>3. Add spinach and sauté for 15 minutes.<br>4. Mix in garbanzo beans, raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.<br>5. Add vinegar, salt and pepper. Mix well.<br><b>CCP: Heat to 135° F or higher for at least 15 seconds.</b><br><b>CCP: Hold at 135° F or higher for hot service.</b> |   |  |
| <b>Total Yield</b>   |                              | <b>Number of Pans:</b>  |   | <b>Equipment (if not specified in procedures above):</b>  |   |  |
| Weight: 27 lb 8 oz   | Measure (volume): 3 gal 2 qt | Pan Size:   |   |   |   |  |
| <b>Meal Component Contribution Based on Portion Size</b>   |                              |   |   |   |   | <b>Nutrient Analysis Based on Portion Size</b> |
| Meat/Meat Alternate:   | 1.5 oz eq.                   |   |   |   |   | Calories: 241                                  |
| Vegetable Subgroups  | D/G                          | B/P   | R/O   | S   | O   | Saturated Fat (g): 1.1 g                       |
|  | 1/8 cup                      |   |   |   | ¼ cup   | Sodium (mg): 156 mg                            |
| Fruits   | 1/8 cup                      |   |   |   |   |  |
| Grains   |                              |   |   |   |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-34

Adapted from: Healthier Kansas Recipe 39

**RECIPE NAME: Honey Apple Crisp**

|   |   |  |  |   |   |
|---|---|--|--|---|---|
| Grade Group: K-12   |   |  |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |
| Number of Portions: 96  |   |  |  |   |   |
| Portion Size: 1 piece cut 6 x 8   |   |  |  |   |   |
| Serving Utensil:  |   |  |  |   |   |
| Servings Per Pan: 48  |   |  |  |   |   |
| <b>Ingredients:</b>   | <b>Weight</b>   | <b>Measure</b>   | <b>Procedure:</b>  |   |   |
| Flour, White Whole Wheat<br>Oats, Rolled or Quick<br>Brown Sugar<br>Cinnamon, Ground<br>Margarine, Melted<br>Apples, Sliced, Canned in water<br>Water<br>Honey<br>Lemon Juice | 1 lb 14 oz<br>1 lb 2 oz<br>1 lb 14 oz<br><br>1 lb 8 oz<br><br>20 oz | 4 Tbsp<br>3 cups<br>2 #10 cans<br>As needed<br><br>1/2 cup | 1. For topping: Combine flour, rolled oats, brown sugar, 3 Tbsp. of cinnamon, and margarine. Mix until crumbly. Set aside for Step 6.<br>2. For filling: Drain apples, reserving juice. For 96 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for Step 5.<br>3. Place 5 lb. 9 oz. (2 qt. + 3 ¼ c. or 1 #10 can) apples into each steam table pan (12" x 20" x 2 ½"). For 96 servings, use 2 pans.<br>4. Spread 10 oz. honey, ½ Tbsp cinnamon, and ¼ c. lemon juice over apples in each pan. Stir to combine.<br>5. Pour 1 ½ c. liquid over apples in each pan.<br>6. Divide topping among pans. Sprinkle 3 lb. 6 oz. (approximately 2 qt. + 1 c.) topping evenly over apples in each steam table pan.<br>7. Bake until topping is browned and crisp.<br>Conventional oven: 425° F for 35-45 minutes<br>Convection oven: 350° for 25-35 minutes<br>8. Cut each pan 6 x 8 (48 pieces).<br><b>CCP: Hold at 135° F or higher for hot service.</b> |   |   |
| Total Yield                      2 steam table pans   |   | Number of Pans:  |  | Equipment (if not specified in procedures above):   |   |
| Weight:   | Measure (volume):   | Pan Size:  |  |   |   |
| <b>Meal Component Contribution Based on Portion Size:</b>   |   |  |  |   | <b>Nutrient Analysis Based on Portion Size:</b> |
| Meat/Meat Alternate   |   |  |  |   | Calories: 181                                   |
| Vegetable Subgroups   | D/G   | B/P  | R/O  | S   | O   |
|   |   |  |  |   |   |
| Fruits  | 1/4 cup   |  |  |   | Saturated Fat (g): 1.14                         |
| Grains  | 0.75 oz eq.   |  |  |   | Sodium (mg): 59                                 |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-35  
Adapted From: Iowa Gold Star Recipes

**RECIPE NAME: Honey Mustard Deli Wrap**

|   |                   |  |   |   |  |   |                         |
|---|-------------------|--|---|---|--|---|-------------------------|
| Grade Group: K-12   |                   |  |   | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |  |   |                         |
| Number of Portions: 100 wraps   |                   |  |   |   |  |   |                         |
| Portion Size: 1 wrap (2 halves)   |                   |  |   |   |  |   |                         |
| Serving Utensil:  |                   |  |   |   |  |   |                         |
| Servings Per Pan:   |                   |  |   |   |  |   |                         |
| <b>Ingredients:</b>   |                   | <b>Weight</b>  | <b>Measure</b>  | <b>Procedure:</b>   |  |   |                         |
| Mustard<br>Mayonnaise, low-fat<br>Honey<br>Flour tortilla, whole grain<br><br>Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338<br><br>Ham, USDA Foods #100184, sliced<br>Tomatoes, fresh, sliced<br>Leaf lettuce, shredded |                   | 2 lb<br>3 lb<br>1 lb 4 oz<br>9 lb 6 oz<br><br>12 lb 8 oz<br><br>7 lb 13 oz<br>6 lb 14 oz<br>4 lb 12 oz | 1 qt<br>1 qt 2 cups<br>1 ¼ cups<br>100 each<br><br><br><br><br>200 slices<br>1 gal 2 ¼ qt | 1. Mix mustard, mayonnaise, and honey together. Chill overnight.<br>2. Steam tortillas 3 min until warm or place in a warmer to prevent tearing when folding.<br>3. Spread 2 Tbsp honey mustard sauce on each tortilla.<br>4. Arrange 2 oz of turkey and 1.25 oz of ham on each tortilla.<br>5. Top with ¼ cup leaf lettuce and 2 tomato slices.<br>6. Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla, until all contents cannot be seen.<br>7. Cut diagonally in half and serve 1 wrap (2 halves) each.<br>8. Place each half seam side down in pan.<br><b>CCP: Hold at 41° F or below for cold service.</b> |  |   |                         |
|   |                   | Number of Pans:  |   | Equipment (if not specified in procedures above):   |  |   |                         |
| Weight:   | Measure (volume): | Pan Size:  |   |   |  |   |                         |
| <b>Meal Component Contribution Based on Portion Size</b>  |                   |  |   |   | <b>Nutrient Analysis Based on Portion Size</b> |   |                         |
| Meat/Meat Alternate   |                   | 2 oz eq.   |   |   | Calories: 285                                  |   |                         |
| Vegetable Subgroups   |                   | D/G  | B/P   | R/O   | S  | O | Saturated Fat (g): 1.88 |
|   |                   | 1/8 cup  |   | 1/8 cup   |  |   |                         |
| Fruits  |                   |  |   |   |  |   |                         |
| Grains  |                   | 1.5 oz eq.   |   |   |  |   |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

## ***On, Wisconsin! Menus – Lunch Recipes***

File No: WIDPI-36

**RECIPE NAME: Hot Dog on a Bun**

Grade Group: K-12

Number of Portions: 100

Portion Size: 1 hot dog with 1 bun

Serving Utensil:

Servings Per Pan:

### HACCP Process:

- ☐ #1 No Cook
- ☒ #2 Cook & Serve Same Day
- ☐ #3 Includes Cooling Step

### Ingredients:

## Weight

## Measure

### Procedure:

Hot dog, turkey, frankfurter (crediting as 1.5 oz eq. Meat/Meat Alternate each)  
Hot dog bun, whole grain rich

9 lb 6 oz

100

100

1. Heat hot dog in conventional oven at 350° F for 15-20 minutes.
  2. Place heated hot dog on whole grain rich bun.
  3. Place in warming oven until ready for service.
- CCP: Hold at 135° F or higher for hot service.**

### Total Yield

Number of Pans:

Weight:

Measure (volume):

|           |
|-----------|
| Pan Size: |
|-----------|

Equipment (if not specified in procedures above):

### Meal Component Contribution Based on Portion Size

### Nutrient Analysis Based on Portion Size

Meat/Meat Alternate

1.5 oz eq.

|               |
|---------------|
| Calories: 213 |
|---------------|

## Vegetable Subgroups

|     |
|-----|
| D/G |
|-----|

|     |
|-----|
| B/P |
|-----|

|     |
|-----|
| R/O |
|-----|

|   |
|---|
| S |
|---|

|  |   |
|--|---|
|  | O |
|--|---|

|                    |      |
|--------------------|------|
| Saturated Fat (g): | 2.13 |
|--------------------|------|

|              |     |
|--------------|-----|
| Sodium (mg): | 882 |
|--------------|-----|

## Fruits

## Grains

|            |
|------------|
| 1.5 oz eq. |
|------------|

D/G= Dark Green    B/P= Beans/Peas (Legumes)    R/O=Red/Orange    S=Starchy    O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-37

Adapted from: Garrett County Public Schools

**RECIPE NAME: Hot Ham, Broccoli and Cheese Pita**

|   |                   |                                |                                |   |  |   |
|---|-------------------|--------------------------------|--------------------------------|---|--|---|
| Grade Group: K-12   |                   |                                |                                |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |   |
| Number of Portions: 1 pita  |                   |                                |                                |   |  |   |
| Portion Size: 1 pita  |                   |                                |                                |   |  |   |
| Serving Utensil:  |                   |                                |                                |   |  |   |
| Servings Per Pan:   |                   |                                |                                |   |  |   |
| <b>Ingredients:</b>   |                   | <b>Weight</b>                  | <b>Measure</b>                 |   | <b>Procedure:</b>  |   |
| Broccoli, frozen, chopped, thawed, steamed<br>Whole wheat pita round<br>Ham, water added, sliced, USDA Foods #100184, sliced<br><br>American Cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253 |                   | 2.0 oz<br>2.5 oz<br><br>0.5 oz | ½ cup<br>1 pita<br><br>1 slice |   | 1. Fill pita with ½ cup broccoli florets, 2.5 oz of ham, 1 slice of cheese.<br>2. Place stuffed pita pockets on parchment paper lined sheet pans and cover pan with foil. Heat in oven until browned and cheese has melted.<br>Conventional oven: 350° F for 10-15 minutes<br>Convection oven: 350° F for 7-9 minutes<br><b>CCP: Hold at 135° F or higher for hot service.</b> |   |
| <b>Total Yield</b>  |                   | Number of Pans:                |                                | Equipment (if not specified in procedures above): |  |   |
| Weight:   | Measure (volume): | Pan Size:                      |                                |   |  |   |
| <b>Meal Component Contribution Based on Portion Size</b>  |                   |                                |                                |   | <b>Nutrient Analysis Based on Portion Size</b>   |   |
| Meat/Meat Alternate   |                   | 2.5 oz eq.                     |                                |   | Calories: 280  |   |
| Vegetable Subgroups   |                   | D/G                            | B/P                            | R/O   | S  | O |
|   |                   | ½ cup                          |                                |   |  |   |
| Fruits  |                   |                                |                                |   |  |   |
| Grains  |                   | 2.0 oz eq.                     |                                |   |  |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other



**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-38  
Adapted from: USDA Recipe (Salads E-24)

**RECIPE NAME: Hummus**

|  |  |                                     |  |  |   |   |
|--|--|-------------------------------------|--|--|---|---|
| Grade Group: K-12  |  |                                     |  |  | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |
| Number of Portions: 50   |  |                                     |  |  |   |   |
| Portion Size: ½ cup  |  |                                     |  |  |   |   |
| Serving Utensil: #8 scoop  |  |                                     |  |  |   |   |
| Servings Per Pan: 25   |  |                                     |  |  |   |   |
| Ingredients:   |  | Weight                              | Measure  | Procedure:   |   |   |
| Canned garbanzo beans or chickpeas, drained<br><br>Frozen lemon juice concentrate, reconstituted<br>Sunflower Seed butter OR Peanut butter<br>Garlic cloves, peeled<br>Water<br>Ground black or white pepper |  | 8 lb 8 oz<br><br><br>1 ½ lb<br>5 oz | 5 qt 1 cup<br>(2 #10 cans)<br>3 ¼ cups<br>2 ½ cups<br>1 cup 1 Tbsp<br>3 ¼ cups<br>1 Tbsp | 1. Combine all ingredients in a food processor and puree to a smooth consistency.<br>2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans.<br>3. Cover. Refrigerate until service.<br><b>CCP: Hold at 41° F or below for cold service.</b><br>4. Portion with #8 scoop (½ cup). |   |   |
| <b>Total Yield</b><br>Weight: 13 lb 9 oz    Measure (volume): 1 gal 2 ¼ qt   |  |                                     | Number of Pans: 2<br><br>Pan Size: Sheet pan   |  | Equipment (if not specified in procedures above):   |   |
|  |  |                                     |  |  |   |   |
| Meal Component Contribution Based on Portion Size:   |  |                                     |  |  | Nutrient Analysis Based on Portion Size:  |   |
| Meat/Meat Alternate  |  | 0.25 oz eq.                         |  |  | Calories: 133   |   |
| Vegetable Subgroups  |  | D/G                                 | B/P  | R/O  | S   | O |
|  |  |                                     | 3/8 cup  |  |   |   |
| Fruits   |  |                                     |  |  | Saturated Fat (g): 0.81   |   |
| Grains   |  |                                     |  |  | Sodium (mg): 173  |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-39  
Adapted from: Healthier Kansas Recipe 144

**RECIPE NAME: Loaded Turkey Sub**

|   |                   |                 |                |   |               |
|---|-------------------|-----------------|----------------|---|---------------|
| Grade Group: K-12   |                   |                 |                | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |               |
| Number of Portions: 2   |                   |                 |                |   |               |
| Portion Size: ½ sub   |                   |                 |                |   |               |
| Serving Utensil:  |                   |                 |                |   |               |
| Servings Per Pan:   |                   |                 |                |   |               |
| <b>Ingredients:</b>   |                   | <b>Weight</b>   | <b>Measure</b> | <b>Procedure:</b>   |               |
| Sub Roll, whole grain rich  |                   | 3 oz            | 1 roll         | 1. Place 2 slices (3.75 oz) of turkey and 2 slices (1 oz) of cheese on each sub roll.<br>2. Slice sandwich into 2 equal halves.<br>3. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually.<br><b>CCP: Hold at 41° F or below for cold service.</b> |               |
| Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338 |                   | 3.75 oz         |                |   |               |
| Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253         |                   | 1 oz            | 2 slices       |   |               |
| <b>Total Yield</b>  |                   | Number of Pans: |                | Equipment (if not specified in procedures above):   |               |
| Weight:   | Measure (volume): | Pan Size:       |                |   |               |
| <b>Meal Component Contribution Based on Portion Size</b>                            |                   |                 |                | <b>Nutrient Analysis Based on Portion Size</b>  |               |
| Meat/Meat Alternate:  | 1.5 oz eq.        |                 |                |   | Calories: 198 |
| Vegetable Subgroups   | D/G               | B/P             | R/O            | S   | O             |
|   |                   |                 |                |   |               |
| Fruits  |                   |                 |                |   |               |
| Grains  | 1.5 oz eq.        |                 |                |   |               |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-40  
Adapted from: Healthier Kansas Recipe 118

**RECIPE NAME: Macaroni & Cheese**

|   |                                   |  |   |  |   |  |                         |
|---|-----------------------------------|--|---|--|---|--|-------------------------|
| Grade Group: K-12   |                                   |  |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |   |  |                         |
| Number of Portions: 100   |                                   |  |   |  |   |  |                         |
| Portion Size: ½ cup   |                                   |  |   |  |   |  |                         |
| Serving Utensil: #8 scoop   |                                   |  |   |  |   |  |                         |
| <b>Ingredients:</b>   |                                   | <b>Weight</b>  | <b>Measure</b>                                | <b>Procedure:</b>  |   |  |                         |
| Water<br>Macaroni, elbow, whole grain<br>Milk, skim<br>Margarine, liquid<br>Pepper<br>Cheese, American, shredded, USDA Foods 100036 |                                   | 6 lb 4 oz<br>11 lb 2 oz<br>1 lb 2 oz<br><br>6 lb 15 oz | 6 gal<br><br>1 gal 1 ½ qt<br>2 ¼ cup<br>1 tsp | 1. Bring water to a boil.<br>2. Slowly add macaroni. Stir constantly until water boils again. Cook 8 minutes, or until tender. <b>Do not overcook.</b> Drain well, rinse with cool water, and drain again.<br>3. Transfer cooked macaroni to pans and set aside.<br>4. Heat milk.<br>5. Add margarine, pepper, and shredded cheese to the warm milk.<br>6. Pour hot cheese sauce over macaroni and fold together until mixed.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |   |  |                         |
| <b>Total Yield</b>  |                                   | Number of Pans:  |   | Equipment (if not specified in procedures above):  |   |  |                         |
| Weight:   | Measure (volume):<br>3 gal 2 cups | Pan Size:  |   |  |   |  |                         |
| <b>Meal Component Contribution Based on Portion Size</b>  |                                   |  |   |  |   | <b>Nutrient Analysis Based on Portion Size</b> |                         |
| Meat/Meat Alternate   |                                   | 1 oz eq.   |   |  |   | Calories: 237                                  |                         |
| Vegetable Subgroups   |                                   | D/G  | B/P   | R/O  | S | O  | Saturated Fat (g): 3.65 |
|   |                                   |  |   |  |   |  | Sodium (mg): 402        |
| Fruits  |                                   |  |   |  |   |  |                         |
| Grains  |                                   | 1 oz eq.   |   |  |   |  |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-41a  
Adapted from: Kent Co Public Schools, MD

**RECIPE NAME: Mandarin Sesame Chicken Salad**

|                       |   |
|-----------------------|---|
| Grade Group: K-12     | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 1 |   |
| Portion Size: 1 salad |   |
| Serving Utensil:      |   |
| Servings Per Pan:     |   |

| Ingredients:   | Weight | Measure   | Procedure:   |
|--|--------|---|--|
| Cabbage mix, shredded<br>Green onions, thinly sliced<br>Mandarin oranges, drained<br>Fresh carrots, shredded<br><br>Grilled chicken patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced | 2.5 oz | 1 cup<br>1/8 cup<br>¼ cup<br>¼ cup<br><br>1 patty | 1. Assemble salads by combining the following in a bowl: <ul style="list-style-type: none"> <li>• 1 cup salad shredded</li> <li>• 1/8 cup green onions</li> <li>• 1 sliced grilled chicken breast</li> <li>• ¼ cup mandarin oranges</li> </ul> 2. Serve with Mandarin Sesame Chicken Salad Dressing.<br><b>CCP: Hold at 41° F or lower for cold service.</b> |

|  |                 |   |
|--|-----------------|---|
| <b>Total Yield</b>                     | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:      Measure (volume): 1 salad | Pan Size:       |   |

| Meal Component Contribution Based on Portion Size |            |     |       |   |            | Nutrient Analysis Based on Portion Size |
|---|------------|-----|-------|---|------------|---|
| Meat/Meat Alternate                               | 2.0 oz eq. |     |       |   |            | Calories: 128                           |
| Vegetable Subgroups                               | D/G        | B/P | R/O   | S | O          | Saturated Fat (g): 0                    |
|   |            |     | ¼ cup |   | 1 1/8 cups | Sodium (mg): 396                        |
| Fruits  | ¼ cup      |     |       |   |            |   |
| Grains  |            |     |       |   |            |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-41b  
Adapted from: Kent Co Public Schools, MD

|  |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
|--|---|--|---|---|-----|-----|-----|---|---|--|--|--|--|--|
| <b>RECIPE NAME: Mandarin Sesame Chicken Salad Dressing</b>   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Grade Group: K-12  |   |  | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes cooling step |   |     |     |     |   |   |  |  |  |  |  |
| Number of Portions: 32   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Portion Size: 2 Tbsp   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Serving Utensil: 1 fl oz ladle   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Servings Per Pan:  |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| <b>Ingredients:</b>  | <b>Weight</b>   | <b>Measure</b>   | <b>Procedure:</b>   |   |     |     |     |   |   |  |  |  |  |  |
| Soy sauce, low sodium<br>Canola oil<br>Sesame oil<br>Rice wine vinegar<br>Garlic powder<br>Ginger powder<br>Sweet and sour sauce |   | ½ cup<br>1 cup<br>2 Tbsp<br>¼ cup<br>1 Tbsp<br>1 Tbsp<br>½ cup | 1. Mix ingredients for salad dressing.<br>2. Portion in 2 Tbsp containers.<br>3. Package with salad.<br><b>CCP: Hold at 41° F or below for cold service.</b>                      |   |     |     |     |   |   |  |  |  |  |  |
| <b>Total Yield</b>   |   | Number of Pans:  |   | Equipment (if not specified in procedures above): |     |     |     |   |   |  |  |  |  |  |
| Weight:  | Measure (volume): 4 cups  | Pan Size:  |   |   |     |     |     |   |   |  |  |  |  |  |
| <b>Meal Component Contribution Based on Portion Size</b>   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Meat/Meat Alternate  | <table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:15%;">D/G</td> <td style="width:15%;">B/P</td> <td style="width:15%;">R/O</td> <td style="width:15%;">S</td> <td style="width:15%;">O</td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </table> |  |   |   | D/G | B/P | R/O | S | O |  |  |  |  |  |
| D/G  | B/P   | R/O  | S   | O   |     |     |     |   |   |  |  |  |  |  |
|  |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Vegetable Subgroups  | <table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:15%;">D/G</td> <td style="width:15%;">B/P</td> <td style="width:15%;">R/O</td> <td style="width:15%;">S</td> <td style="width:15%;">O</td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </table> |  |   |   | D/G | B/P | R/O | S | O |  |  |  |  |  |
| D/G  | B/P   | R/O  | S   | O   |     |     |     |   |   |  |  |  |  |  |
|  |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Fruits   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Grains   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| <b>Nutrient Analysis Based on Portion Size</b>   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Calories: 81   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Saturated Fat (g): 0.65  |   |  |   |   |     |     |     |   |   |  |  |  |  |  |
| Sodium (mg): 288   |   |  |   |   |     |     |     |   |   |  |  |  |  |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-42  
Adapted from: USDA Recipe (Grains B-25r)

**RECIPE NAME: Mediterranean Quinoa Salad**

|   |                                   |   |  |   |   |  |
|---|-----------------------------------|---|--|---|---|--|
| Grade Group: K-12   |                                   |   |  |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step |  |
| Number of Portions: 50  |                                   |   |  |   |   |  |
| Portion Size: ¾ cup   |                                   |   |  |   |   |  |
| Serving Utensil: ¾ cup spoodle  |                                   |   |  |   |   |  |
| Servings Per Pan: 25  |                                   |   |  |   |   |  |
| <b>Ingredients:</b>   |                                   | <b>Weight</b>   | <b>Measure</b>   | <b>Procedure:</b>   |   |  |
| Quinoa, dry<br>Low-sodium chicken broth<br>Lemon juice<br>Red wine vinegar<br>Fresh garlic, minced<br>Olive oil<br>Salt ground white pepper<br>Fresh red bell peppers, diced<br>Fresh green onions, diced<br>Fresh red onions, diced<br>Fresh cherry tomatoes, halved<br>Black olives, sliced<br>Feta cheese, crumbled<br>Fresh parsley, finely chopped |                                   | 3 lb 6 oz<br><br><br><br><br><br><br><br><br><br><br>11 oz<br>4 oz<br>6 oz<br>1 lb 6 ½ oz<br>5 oz<br>6 oz | 2 qt ½ cup<br>1 gal<br>½ cup<br>2 Tbsp<br>½ cup<br>1 Tbsp 1 tsp<br>1 tsp<br>2 cups<br>1 cup<br>1 cup<br>1 qt<br>1 cup<br>1 cup<br>2 cups | 1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.<br>2. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff, cover, and refrigerate.<br><b>CCP: Use pre-chilled shallow pans to cool from 135° F to 70° F within 2 hours. Cool to 41° F or lower within 4 hours.</b><br>3. Dressing: combine lemon juice, vinegar, garlic, oil, salt and ground pepper. Mix well. Set aside.<br>4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.<br>5. Mix in cooled quinoa. Fold in feta cheese and parsley.<br>6. Transfer to 2 steam table pans (12" x 20" x 2 ½").<br><b>CCP: Hold at 41°F or lower for cold service.</b> |   |  |
| <b>Total Yield</b>  |                                   | Number of Pans: 2   |  | Equipment (if not specified in procedures above):   |   |  |
| Weight: 9 lb  | Measure (volume):<br>1 gal 2 cups | Pan Size: 12" x 20" x 2 ½"  |  |   |   |  |
| <b>Meal Component Contribution Based on Portion Size</b>  |                                   |   |  |   |   | <b>Nutrient Analysis Based on Portion Size</b> |
| Meat/Meat Alternate   |                                   |   |  |   |   | Calories: 166                                  |
| Vegetable Subgroups   |                                   |   |  |   |   | Saturated Fat (g): 1.21                        |
|   |                                   |   |  |   |   | Sodium (mg): 278                               |
| Fruits  |                                   |   |  |   |   |  |
| Grains  |                                   |   |  |   |   | 1.0 oz eq.                                     |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-43  
Adapted from: USDA Recipe (Main Dish D-28)

**RECIPE NAME: Nachos with Ground Beef**

|  |                          |                        |                |  |   |  |                         |
|--|--------------------------|------------------------|----------------|--|---|--|-------------------------|
| Grade Group: K-12  |                          |                        |                |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |                         |
| Number of Portions: 50                                   |                          |                        |                |  |   |  |                         |
| Portion Size: ¼ cup meat mixture over 2 oz chips         |                          |                        |                |  |   |  |                         |
| Serving Utensil: #16 scoop and tongs                     |                          |                        |                |  |   |  |                         |
| Servings Per Pan:  |                          |                        |                |  |   |  |                         |
| <b>Ingredients:</b>                                      |                          | <b>Weight</b>          | <b>Measure</b> | <b>Procedure:</b>  |   |  |                         |
| Raw ground beef, USDA Foods 110085, no more than 18% fat |                          | 4 lb 8 oz              |                | 1. Brown ground beef. Drain. Continue immediately.<br>2. Add seasonings and mix.<br>3. Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes.<br><b>CCP: Heat to 155 degrees F or higher for at least 15 seconds.</b><br>4. Add green chili peppers (optional). Stir to combine.<br>5. To maintain consistency, serve immediately or hold hot.<br><b>CCP: Hold at 135° F or higher for hot service.</b><br>6. Portion with #16 scoop (¼ cup) over 2 oz chips.<br>7. If desired, garnish with chopped green peppers, chopped tomatoes, or chopped green chili peppers. |   |  |                         |
| Chili powder   |                          |                        | 2 Tbsp         |  |   |  |                         |
| Ground cumin   |                          |                        | 1 Tbsp 1 ½ tsp |  |   |  |                         |
| Paprika  |                          |                        | 1 ½ tsp        |  |   |  |                         |
| Onion powder   |                          |                        | 1 ½ tsp        |  |   |  |                         |
| Instant nonfat dry milk, reconstituted                   |                          |                        | 1 qt           |  |   |  |                         |
| Cheese blend of American and skim milk cheese, shredded  |                          | 3 lb 2 oz              | 3 qt ½ cup     |  |   |  |                         |
| Fresh green chili peppers (optional)                     |                          | 2 oz                   | ¼ cup 2 Tbsp   |  |   |  |                         |
| Whole grain corn chips                                   |                          | 6 lb 4 oz              |                |  |   |  |                         |
| <b>Total Yield</b>                                       |                          | <b>Number of Pans:</b> |                |  | <b>Equipment (if not specified in procedures above):</b>  |  |                         |
| <b>Weight:</b>   | <b>Measure (volume):</b> | <b>Pan Size:</b>       |                |  |   |  |                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                          |                        |                |  |   | <b>Nutrient Analysis Based on Portion Size</b> |                         |
| Meat/Meat Alternate:                                     |                          | 2 oz eq.               |                |  |   | Calories: 319                                  |                         |
| Vegetable Subgroups                                      |                          | D/G                    | B/P            | R/O  | S   | O  | Saturated Fat (g): 5.42 |
|  |                          |                        |                |  |   |  | Sodium (mg): 638        |
| Fruits   |                          |                        |                |  |   |  |                         |
| Grains   |                          | 2 oz eq.               |                |  |   |  |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-44  
Adapted from: USDA Recipe (Grains B-26r)

**RECIPE NAME: Oodles of Noodles**

|                              |   |
|------------------------------|---|
| Grade Group: 9-12            | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 100      |   |
| Portion Size: ½ cup          |   |
| Serving Utensil: Gloved hand |   |
| Servings Per Pan: 1          |   |

| Ingredients:  | Weight   | Measure   | Procedure:  |
|---|--|---|---|
| Water<br>Penne Pasta, whole-wheat, dry<br>Extra Virgin Oil<br>Fresh Grape Tomatoes, halved<br>Dried Basil<br>Sea Salt<br>Ground Black Pepper<br>Fresh Garlic, minced<br>Whole-Wheat Flour<br>Vegetable Broth, low sodium<br>Fresh Swiss Chard, stems removed, chopped | 5 lb 8 oz<br><br><br>6 lb<br><br><br>4 oz<br>7 oz<br><br>2 lb 8 oz | 4 gal<br>1 gal 3 qt<br>2/3 cups<br>1 gal<br>¼ cup<br>2 Tbsp<br>1 Tbsp<br>½ cup<br>1 ½ cups<br>1 gal ½ cup<br>3 qt 1 cup | 1. Heat water to a rolling boil.<br>2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. <b>DO NOT OVERCOOK.</b> Drain well.<br>3. Heat oil. In a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté half of tomatoes over medium heat for 2 minutes until skins soften. <b>DO NOT OVERCOOK.</b> Tomatoes should maintain their shape. Reserve remaining tomatoes for step 6.<br>4. Add basil, salt, pepper, and garlic.<br>5. Sprinkle flour over tomatoes. Sauté over medium heat for an additional 1-2 minutes. When mixture begins to thicken add broth. Bring to a boil uncovered. Reduce heat to low.<br>6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted.<br><b>CCP: Heat to 135° F or higher for at least 15 seconds.</b><br>7. Pour over pasta and serve.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |

|                    |                        |  |
|--------------------|------------------------|--|
| <b>Total Yield</b> | <b>Number of Pans:</b> | <b>Equipment (if not specified in procedures above):</b> |
| Weight:            | Measure (volume):      |  |
|                    | Pan Size:              |  |

| Meal Component Contribution Based on Portion Size |          |     |     |   |   | Nutrient Analysis Based on Portion Size |
|---|----------|-----|-----|---|---|---|
| Meat/Meat Alternate:                              |          |     |     |   |   | Calories: 117                           |
| Vegetable Subgroups                               | D/G      | B/P | R/O | S | O | Saturated Fat (g): .28                  |
|   |          |     |     |   |   | Sodium (mg): 162                        |
| Fruits  |          |     |     |   |   |   |
| Grains  | 1 oz eq. |     |     |   |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other



**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-45  
Adapted from: IowaFoodandFitness.org  
(Donna Miner, Chicopee High School)

**RECIPE NAME: Oven Roasted Potato Wedges**

|  |                                  |                        |  |   |
|--|----------------------------------|------------------------|--|---|
| Grade Group: K-8   |                                  | Grade Group: 9-12      |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step   |
| Number of Portions: 50   |                                  | Number of Portions: 33 |  |   |
| Portion Size: 1/2 cup  |                                  | Portion Size: 3/4 cup  |  |   |
| Serving Utensil:   |                                  | Serving Utensil:       |  |   |
| Servings Per Pan:  |                                  | Servings Per Pan:      |  |   |
| <b>Ingredients:</b>  |                                  | <b>Weight</b>          | <b>Measure</b>   | <b>Procedure:</b>   |
| Russet Potatoes, USDA Foods 100340<br>Paprika<br>Onion powder<br>Garlic powder<br>Adobo seasoning<br>Pepper, black |                                  | 15 lb                  | 1 Tbsp 1 tsp<br>2 Tbsp 1 tsp<br>2 Tbsp 1 tsp<br>1 ¼ tsp<br>½ tsp | <p>Day ahead of service:</p> <ol style="list-style-type: none"> <li>1. Poke well scrubbed potatoes with a fork.</li> <li>2. Bake whole in oven until cooked through.<br/>           Conventional oven: 425° F about 50 minutes<br/>           Convection oven: 375° F about 40 minutes<br/> <b>CCP: Heat to 140° F or higher.</b><br/> <b>CCP: Use pre-chilled shallow pans to cool from 135° F to 70° F within 2 hours. Cool to 41° F or lower within 4 hours.</b> </li> </ol> <p>Day of service:</p> <ol style="list-style-type: none"> <li>3. Halve the potatoes lengthwise, and cut each half into 4-5 wedges.</li> <li>4. Divide potatoes equally among parchment covered sheets pans, single layer, skin side down.</li> <li>5. Mix paprika, onion &amp; garlic powder, adobo spice, and pepper in a small bowl. Sprinkle seasoning mixture evenly over wedges.</li> <li>6. Bake right before service until hot crisp and lightly browned.<br/>           Convection oven: 400° F about 20 minutes<br/>           Conventional oven: 425° F about 25 minutes<br/> <b>CCP: Hold at 135° F or higher for hot service.</b> </li> </ol> |
| <b>Total Yield</b>   |                                  | <b>Number of Pans:</b> |  | <b>Equipment (if not specified in procedures above):</b>  |
| <b>Weight:</b>   | <b>Measure (volume): 25 cups</b> | <b>Pan Size:</b>       |  |   |

**On, Wisconsin! Menus – Lunch Recipes**

| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b> |                         |     |     |       |   |                          |     |     |       |   |
|---|-------------------------|-----|-----|-------|---|--------------------------|-----|-----|-------|---|
| <i>Specify the grade group in the columns:</i>                              | <b>Grade Group: K-8</b> |     |     |       |   | <b>Grade Group: 9-12</b> |     |     |       |   |
| Meat/Meat Alternate   |                         |     |     |       |   |                          |     |     |       |   |
| Vegetable Subgroups   | D/G                     | B/P | R/O | S     | O | D/G                      | B/P | R/O | S     | O |
|   |                         |     |     | ½ cup |   |                          |     |     | ¾ cup |   |
| Fruits  |                         |     |     |       |   |                          |     |     |       |   |
| Grains  |                         |     |     |       |   |                          |     |     |       |   |
| Calories  | 104                     |     |     |       |   | 158                      |     |     |       |   |
| Saturated Fat (g)   | 0                       |     |     |       |   | 0                        |     |     |       |   |
| Sodium (mg)   | 96                      |     |     |       |   | 144                      |     |     |       |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-46

Adapted from: Healthier Kansas Recipe 45

**RECIPE NAME: Pumpkin Bar**

|   |                   |  |   |   |   |               |
|---|-------------------|--|---|---|---|---------------|
| Grade Group: K-12   |                   |  |   |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step |               |
| Number of Portions: 60 bars   |                   |  |   |   |   |               |
| Portion Size: 1 bar   |                   |  |   |   |   |               |
| Serving Utensil:  |                   |  |   |   |   |               |
| Servings Per Pan: 60  |                   |  |   |   |   |               |
| <b>Ingredients:</b>   |                   | <b>Weight</b>  | <b>Measure</b>  | <b>Procedure:</b>   |   |               |
| Sugar, granulated<br>Vegetable oil<br>Salt<br>Pumpkin, canned<br>Eggs, whole, raw<br>Milk, low-fat, 1%<br>Flour, white whole wheat<br>Baking powder<br>Baking soda<br>Cinnamon, ground<br>Nutmeg, ground<br>Pan release spray<br>Powdered sugar<br>Vanilla<br>Water, cold |                   | 1 lb 7 oz<br>7 oz<br><br>2 lb 6 oz<br>12 oz<br>1 lb 4 oz<br>2 lb<br><br><br><br><br><br><br><br>8 oz | <br><br><br>1 ¾ tsp<br>1 qt ¾ cup<br>7 large<br>2 ½ cups<br><br>1 Tbsp<br>1 ¾ tsp<br>2 ½ tsp<br>2 ½ tsp<br>As needed<br>1 ½ cups<br>2 ½ tsp<br>2 Tbsp 2 tsp | 1. Mix sugar, oil, and salt in a mixer with a paddle attachment for 8 minutes. Mixture will appear grainy.<br>2. Add pumpkin and mix for 2 minutes. Scrape down sides of bowl<br>3. Slowly add eggs. Scrape down sides of bowl.<br>4. Slowly add milk. Scrape down sides of bowl.<br>5. In a separate bowl, mix flour, baking powder, baking soda, cinnamon, and nutmeg.<br>6. Add to above mixture. Mix at low speed for 1 minute.<br>7. Spray an 18" x 26" x 1" sheet pan with pan release spray. Distribute batter evenly in pan.<br>8. Bake until lightly browned:<br>Conventional oven: 350° F for 40 minutes<br>Convection oven: 325° F for 30-35 minutes<br>Turn pan half way through baking to cook evenly, if needed.<br>9. Cool and cut each pan 6 x 10.<br>10. Mix powdered sugar, vanilla, and water to make a glaze. Add just enough water to make the glaze pourable.<br>11. As close to serving time as possible, drizzle the glaze in random lines over the pumpkin bars. Use about 10 Tbsp of glaze per pan. Glaze disappears into bars as they sit. |   |               |
| <b>Total Yield:</b>   |                   | Number of Pans: 1  |   | Equipment (if not specified in procedures above):   |   |               |
| Weight:   | Measure (volume): | Pan Size:  |   |   |   |               |
| <b>Meal Component Contribution Based on Portion Size</b>  |                   |  |   |   | <b>Nutrient Analysis Based on Portion Size</b>  |               |
| Meat/Meat Alternate   |                   |  |   |   |   | Calories: 158 |
| Vegetable Subgroups   |                   | D/G  | B/P   | R/O   | S   | O             |
|   |                   |  |   |   |   |               |
| Fruits  |                   |  |   |   |   |               |
| Grains  |                   | 0.75 oz eq.  |   |   |   |               |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-47  
Adapted from: Iowa Gold Star Recipe

**RECIPE NAME: Roasted Squash**

|   |                          |                                 |   |   |   |                             |
|---|--------------------------|---------------------------------|---|---|---|-----------------------------|
| <b>Grade Group:</b> K-12                                  |                          |                                 |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |                             |
| <b>Number of Portions:</b> 125                            |                          |                                 |   |   |   |                             |
| <b>Portion Size:</b> ½ cup                                |                          |                                 |   |   |   |                             |
| <b>Serving Utensil:</b> ½ cup spoodle                     |                          |                                 |   |   |   |                             |
| <b>Servings Per Pan:</b>                                  |                          |                                 |   |   |   |                             |
| <b>Ingredients:</b>                                       | <b>Weight</b>            | <b>Measure</b>                  | <b>Procedure:</b>   |   |   |                             |
| Butternut Squash<br>Olive oil                             | 33 lb 8 oz               | 1 ½ cup                         | 1. Preheat convection oven to 375° F.<br>2. Using a vegetable peeler, remove skin from squash.<br>3. Cut squash in half using a chef's knife, and remove seeds with a large spoon. To prevent injury, wear a safety glove on the hand not holding the chef's knife.<br>4. Use the chef's knife to dice the squash into medium dice pieces (1/2").<br>5. Pour olive oil over diced squash. Toss and coat well.<br>6. Place 4 lbs 2 ½ oz of diced squash on each full sized sheet pan (18" x 26" x 1"). Do not overload pan as the bottom layer will steam, not roast.<br>7. Roast squash at 375° F for approximately 40 minutes until golden brown.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |   |   |                             |
| <b>Total Yield</b>  |                          | <b>Number of Pans:</b> 8        |   | <b>Equipment (if not specified in procedures above):</b>  |   |                             |
| <b>Weight:</b>  | <b>Measure (volume):</b> | <b>Pan Size:</b> 18" x 26" x 1" |   |   |   |                             |
| <b>Meal Component Contribution Based on Portion Size:</b> |                          |                                 |   |   | <b>Nutrient Analysis Based on Portion Size:</b> |                             |
| <b>Meat/Meat Alternate</b>                                | <b>Calories:</b> 70      |                                 |   |   |   |                             |
| <b>Vegetable Subgroups</b>                                | D/G                      | B/P                             | R/O   | S   | O   | <b>Saturated Fat (g):</b> 0 |
|   |                          |                                 | ½ cup   |   |   | <b>Sodium (mg):</b> 1       |
| <b>Fruits</b>   |                          |                                 |   |   |   |                             |
| <b>Grains</b>   |                          |                                 |   |   |   |                             |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-48A  
Adapted from: USDA Fact Sheet

**RECIPE NAME: Roasted Turkey**

|  |                   |                 |   |   |   |                         |
|--|-------------------|-----------------|---|---|---|-------------------------|
| Grade Group: K-12  |                   |                 |   |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |                         |
| Number of Portions: 100 servings                         |                   |                 |   |   |   |                         |
| Portion Size: 2 oz                                       |                   |                 |   |   |   |                         |
| Serving Utensil:   |                   |                 |   |   |   |                         |
| Servings Per Pan:  |                   |                 |   |   |   |                         |
| <b>Ingredients:</b>                                      | <b>Weight</b>     | <b>Measure</b>  | <b>Procedure:</b>   |   |   |                         |
| Turkey Roast, USDA Foods 100125                          | 20 lb             |                 | 1. Thaw turkey roasts in the refrigerator for 24 hours. Place in single layers on sheet pans or trays. Space on shelves so that air can circulate around wrapped poultry.<br>2. Cook within 24 hours after thawing. Do not partially cook one day and finish the next. Do not refreeze after thawing or heating. Do not wash before cooking<br>3. Cook with or without netting. Place roasts of similar sizes in shallow roasting pans. Insert a meat thermometer into the center of one roast in each pan.<br>4. Bake at 325° F in either a convection oven or a conventional oven for 3-5 hours. The roasts of the greater diameter may need to cook longer.<br><b>CCP: Cook turkey products to an internal temperature of 165° F for 15 seconds.</b><br>5. Slice into 2 oz portions to serve. Serve with turkey gravy if desired (WIDPI-48B).<br><b>CCP: Hold for hot service at 135° F or higher.</b> |   |   |                         |
| <b>Total Yield</b>                                       |                   | Number of Pans: |   | Equipment (if not specified in procedures above): |   |                         |
| Weight:  | Measure (volume): | Pan Size:       |   |   |   |                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                   |                 |   |   | <b>Nutrient Analysis Based on Portion Size</b>  |                         |
| Meat/Meat Alternate                                      | 2 oz eq.          |                 |   |   | Calories: 80  |                         |
| Vegetable Subgroups                                      | D/G               | B/P             | R/O   | S   | O   | Saturated Fat (g): 1.08 |
|  |                   |                 |   |   |   | Sodium (mg): 300        |
| Fruits   |                   |                 |   |   |   |                         |
| Grains   |                   |                 |   |   |   |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-48B

Adapted from: Iowa Gold Star Recipe

**RECIPE NAME: Turkey Gravy**

|  |                         |  |                 |     |   |  |   |                         |  |
|--|-------------------------|--|-----------------|-----|---|--|---|-------------------------|--|
| Grade Group: K-12  |                         |  |                 |     | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes cooling step |  |   |                         |  |
| Number of Portions: 128 servings   |                         |  |                 |     |   |  |   |                         |  |
| Portion Size: 2 Tbsp   |                         |  |                 |     |   |  |   |                         |  |
| Serving Utensil: 1 oz ladle  |                         |  |                 |     |   |  |   |                         |  |
| Servings Per Pan:  |                         |  |                 |     |   |  |   |                         |  |
| <b>Ingredients:</b>  |                         |  | <b>Weight</b>   |     | <b>Measure</b>  |  | <b>Procedure:</b>   |                         |  |
| Margarine or butter<br>All-purpose flour, enriched<br>Chicken or turkey stock, low sodium, non-MSG, hot<br>Poultry seasoning<br>Onion powder<br>Pepper, black or white, ground |                         |  | 8 oz<br>10 oz   |     | 1 cup<br>1 ¾ cup 2 Tbsp<br>1 gal 1 cup<br>2 tsp<br>1 Tbsp 1 tsp<br>½ tsp  |  | 1. Melt margarine or butter in stockpot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.<br>2. Slowly stir in chicken or turkey stock, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes.<br><b>CCP: Heat to 165° F or higher for at least 15 seconds.</b><br><b>CCP: Hold at 135° F or higher for hot service.</b> |                         |  |
| <b>Total Yield</b>   |                         |  | Number of Pans: |     | Equipment (if not specified in procedures above):   |  |   |                         |  |
| Weight:  | Measure (volume): 1 gal |  | Pan Size:       |     |   |  |   |                         |  |
| <b>Meal Component Contribution Based on Portion Size</b>   |                         |  |                 |     |   | <b>Nutrient Analysis Based on Portion Size</b> |   |                         |  |
| Meat/Meat Alternate  |                         |  |                 |     |   | Calories: 23                                   |   |                         |  |
| Vegetable Subgroups  |                         |  | D/G             | B/P | R/O   | S  | O   | Saturated Fat (g): 0.30 |  |
|  |                         |  |                 |     |   |  |   | Sodium (mg): 35         |  |
| Fruits   |                         |  |                 |     |   |  |   |                         |  |
| Grains   |                         |  |                 |     |   |  |   |                         |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

|   |   |                        |                            |   |   |                                |
|---|---|------------------------|----------------------------|---|---|--------------------------------|
| File No: WIDPI-49   |   |                        |                            |   |   |                                |
| <b>RECIPE NAME: Romaine Salad</b>   |   |                        |                            |   |   |                                |
| <b>Grade Group:</b> K-12  |   |                        |                            | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |                                |
| <b>Number of Portions:</b> 50   |   |                        |                            |   |   |                                |
| <b>Portion Size:</b> 1 ¼ cups   |   |                        |                            |   |   |                                |
| <b>Serving Utensil:</b> tongs   |   |                        |                            |   |   |                                |
| <b>Servings Per Pan:</b> 50   |   |                        |                            |   |   |                                |
| <b>Ingredients:</b>   |   | <b>Weight</b>          | <b>Measure</b>             | <b>Procedure:</b>   |   |                                |
| Romaine Lettuce, shredded or chopped<br>Fresh Tomatoes, chopped or sliced |   |                        | 3 gal 2 cups<br>3 qt ½ cup | 1. Combine all ingredients in a bowl and toss.<br><b>CCP: Hold at 41° F or lower for cold service.</b>  |   |                                |
| <b>Total Yield</b>  |   | <b>Number of Pans:</b> |                            | <b>Equipment (if not specified in procedures above):</b>  |   |                                |
| <b>Weight:</b>  | <b>Measure (volume):</b> 3 gal 3 qt 2½ cups | <b>Pan Size:</b>       |                            |   |   |                                |
| <b>Meal Component Contribution Based on Portion Size:</b>                 |   |                        |                            |   | <b>Nutrient Analysis Based on Portion Size:</b> |                                |
| <b>Meat/Meat Alternate</b>  |   |                        |                            |   | <b>Calories:</b> 16                             |                                |
| <b>Vegetable Subgroups</b>  | D/G   | B/P                    | R/O                        | S   | O   | <b>Saturated Fat (g):</b> 0.00 |
|   | ½ cup                                       |                        | ¼ cup                      |   |   | <b>Sodium (mg):</b> 6          |
| <b>Fruits</b>   |   |                        |                            |   |   |                                |
| <b>Grains</b>   |   |                        |                            |   |   |                                |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other





**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-51  
Adapted from: Tray Talk

**RECIPE NAME: Southwest Veggie Wrap**

|  |  |  |  |   |       |                          |     |       |   |       |
|--|--|--|--|---|-------|--------------------------|-----|-------|---|-------|
| Grade Group: K-8   |  | Grade Group: 9-12  |  | HACCP Process:                                    |       |                          |     |       |   |       |
| Number of Portions: 1  |  | Number of Portions: 1  |  | <input checked="" type="checkbox"/> #1 No Cook    |       |                          |     |       |   |       |
| Portion Size: 1 wrap   |  | Portion Size: 1 wrap   |  | <input type="checkbox"/> #2 Cook & Serve Same Day |       |                          |     |       |   |       |
|  |  |  |  | <input type="checkbox"/> #3 Includes Cooling Step |       |                          |     |       |   |       |
| Ingredients:   | Weight   | Measure  | Procedure:   |   |       |                          |     |       |   |       |
| Whole grain tortilla<br>K-8: 1.5 oz eq. tortilla<br>9-12: 2.0 oz eq. tortilla<br><br>Coleslaw mix<br>Cucumber, diced<br>Low sodium black bean<br>Salsa<br>Romaine lettuce, shredded<br>Fresh spinach, chopped<br>Reduced-fat cheddar cheese, shredded<br>K-8: 1 oz, ¼ cup<br>9-12: 2 oz, ½ cup | 1.5 oz<br>2.0 oz<br><br><br><br><br><br><br><br>1 oz<br>2 oz | 1 each<br>1 each<br><br>1/8 cup<br>1/8 cup<br>1/8 cup<br>1/4 cup<br>¼ cup<br>¼ cup<br><br>¼ cup<br>½ cup | 1. Drain and rinse black beans.<br>2. Mix coleslaw, diced cucumbers, black beans and salsa in a bowl. Refrigerate until ready to use.<br><b>CCP: Hold at 41° F or below.</b><br>3. Combine romaine and spinach.<br>4. Assemble wrap with romaine/spinach, black bean mixture, top with cheese.<br>5. Roll wrap and tuck in ends.<br>6. Cut wrap in half and serve 1 whole wrap (2 halves).<br><b>CCP: Hold at 41° F or below for cold service.</b> |   |       |                          |     |       |   |       |
| <b>Total Yield: 1 wrap</b>   |  |  |  |   |       |                          |     |       |   |       |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>  |  |  |  |   |       |                          |     |       |   |       |
| <i>Specify the grade group in the columns:</i>   | <b>Grade Group: K-8</b>                                      |  |  |   |       | <b>Grade Group: 9-12</b> |     |       |   |       |
| Meat/Meat Alternate  | 1.5 oz eq.   |  |  |   |       | 2.5 oz eq.               |     |       |   |       |
| Vegetable Subgroups  | D/G  | B/P  | R/O  | S   | O     | D/G                      | B/P | R/O   | S | O     |
|  | ¼ cup  |  | ¼ cup  |   | ¼ cup | ¼ cup                    |     | ¼ cup |   | ¼ cup |
| Fruits   |  |  |  |   |       |                          |     |       |   |       |
| Grains   | 1.5 oz eq.   |  |  |   |       | 2.0 oz eq.               |     |       |   |       |
| Calories   | 256  |  |  |   |       | 376                      |     |       |   |       |
| Saturated Fat (g)  | 3.84   |  |  |   |       | 7.29                     |     |       |   |       |
| Sodium (mg)  | 656  |  |  |   |       | 974                      |     |       |   |       |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-52  
Adapted from: USDA Recipe (Main Dishes D-35)

**RECIPE NAME: Homestyle Spaghetti and Meat Sauce**

|  |                                |                          |                     |   |  |                         |
|--|--------------------------------|--------------------------|---------------------|---|--|-------------------------|
| Grade Group: K-12  |                                |                          |                     |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |                         |
| Number of Portions: 50                                   |                                |                          |                     |   |  |                         |
| Portion Size: 1 cup                                      |                                |                          |                     |   |  |                         |
| Serving Utensil: 1 cup spoodle                           |                                |                          |                     |   |  |                         |
| Servings Per Pan: 16                                     |                                |                          |                     |   |  |                         |
| <b>Ingredients:</b>                                      |                                | <b>Weight</b>            | <b>Measure</b>      |   | <b>Procedure:</b>  |                         |
| Raw ground beef, USDA Foods 110085, no more than 18% fat |                                | 8 lb 8 oz                |                     |   |  |                         |
| Fresh onions, chopped OR Dehydrated onions               |                                | 8 oz OR 1 ½ oz           | 1 1/3 cups OR ¾ cup |   | 1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.<br>2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.<br><b>CCP: Heat to 155° F or higher for at least 15 seconds.</b><br>3. Heat water to rolling boil. Add salt.<br>4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.<br>5. Stir into meat sauce.<br>6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |                         |
| Granulated garlic  |                                |                          | 1 Tbsp 1 ½ tsp      |   |  |                         |
| Ground black or white pepper                             |                                |                          | 1 ½ tsp             |   |  |                         |
| Canned tomato puree                                      |                                | 5 lb                     | 2 qt 1 cup          |   |  |                         |
| Water  |                                |                          | 2 qt                |   |  |                         |
| Salt   |                                |                          | 1 Tbsp              |   |  |                         |
| Dried parsley  |                                |                          | ¼ cup               |   |  |                         |
| Dried basil  |                                |                          | 2 Tbsp              |   |  |                         |
| Dried oregano  |                                |                          | 2 Tbsp              |   |  |                         |
| Dried marjoram   |                                |                          | 1 Tbsp              |   |  |                         |
| Dried thyme  |                                |                          | 1 ½ tsp             |   |  |                         |
| Water  |                                |                          | 6 gal               |   |  |                         |
| Salt   |                                |                          | 2 Tbsp              |   |  |                         |
| Whole wheat spaghetti, dry                               |                                | 4 lb 12 oz               | 3 qt 3 ½ cups       |   |  |                         |
| <b>Total Yield</b>                                       |                                | Number of Pans: 3        |                     |   | Equipment (if not specified in procedures above):  |                         |
| Weight:  | Measure (volume): 3 gal 2 cups | Pan Size: 10" x 12" x 4" |                     |   |  |                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                                |                          |                     |   | <b>Nutrient Analysis Based on Portion Size</b>   |                         |
| Meat/Meat Alternate:                                     | 2 oz eq.                       |                          |                     |   |  | Calories: 322           |
| Vegetable Subgroups                                      | D/G                            | B/P                      | R/O                 | S | O  | Saturated Fat (g): 4.38 |
|  |                                |                          | ¼ cup               |   | 1/8 cup  | Sodium (mg): 310        |
| Fruits   |                                |                          |                     |   |  |                         |
| Grains   | 1.5 oz eq.                     |                          |                     |   |  |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-53  
Adapted from: Michigan's Showcase of Chefs  
(by Chef Dave)

**RECIPE NAME: Sweet Thai Chili Chicken Bowl**

|                          |   |
|--------------------------|---|
| Grade Group: K-12        | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 80   |   |
| Portion Size: ½ cup      |   |
| Serving Utensil:         |   |
| Servings Per Pan: 26 2/3 |   |

| Ingredients:  | Weight | Measure   | Procedure:   |
|---|--------|---|--|
| Green onions, or scallions, sliced<br>Bell pepper, sweet red, diced<br>Pineapple tidbits in juice, drained<br>Diced chicken, USDA Foods 100101<br>Oil, vegetable<br>Water<br>Sweet Thai Chili Sauce | 10 lb  | 3 ½ cups<br>1 qt 3 cups<br>1 No. 10 can<br><br>1/3 cup<br>1 qt<br>1 qt 2 cups | 1. Combine vegetables, pineapple and chicken in a large bowl.<br>2. Spread 2 Tbsp of vegetable oil each on three 18" x 26" sheet pans.<br>3. Spread 1/3 of the chicken/vegetable mixture on each pan.<br>4. Roast in 350° F convection oven on low fan for 15 minutes.<br>5. Add water to Sweet Thai Chili Sauce.<br><b>CCP: Heat to 165° F or higher for at least 15 seconds.</b><br>6. Just prior to service add the heated sauce to the heated chicken mixture.<br><b>CCP: Hold at 135° F or higher for hot service.</b><br>7. Serve over rice (see recipe WIDPI-13). |

|  |                     |   |
|--|---------------------|---|
| <b>Total Yield</b>                     | Number of Pans: 3   | Equipment (if not specified in procedures above): |
| Weight:      Measure (volume): 2 ½ gal | Pan Size: 18" x 26" |   |

| Meal Component Contribution Based on Portion Size |            |     |     |   |         | Nutrient Analysis Based on Portion Size |
|---|------------|-----|-----|---|---------|---|
| Meat/Meat Alternate                               | 2.0 oz eq. |     |     |   |         | Calories: 161                           |
| Vegetable Subgroups                               | D/G        | B/P | R/O | S | O       | Saturated Fat (g): 0.84                 |
|   |            |     |     |   | 1/8 cup | Sodium (mg): 247                        |
| Fruits  |            |     |     |   |         |   |
| Grains  |            |     |     |   |         |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-54

Adapted from: USDA Recipe (Main Dish D-45B)

**RECIPE NAME: Taco Pie**

**Grade Group: K-12**

**Number of Portions: 50**

**Portion Size: 1 piece (12" x 20" x " 2.5" cut 5 x 5)**

**Serving Utensil:**

**Servings Per Pan: 25**

HACCP Process:

☐ #1 No Cook

☒ #2 Cook & Serve Same Day

☐ #3 Includes Cooling Step

| Ingredients:  | Weight  | Measure  | Procedure:   |
|---|---|--|--|
| Canned Pinto Beans, drained<br>OR<br>Dry Pinto Beans, cooked<br>Taco Seasoning Mix<br>Water<br>Canned Salsa<br>Canned Tomato Puree<br>Water<br>Whole Grain Flour or Corn Tortillas, 1.5 oz each<br>Reduced-fat Cheddar Cheese, shredded | 8 lb 7 oz<br><br>8 lb. 7 oz<br>6 oz<br><br>2 lb 3 oz<br>2 lb 6 oz<br><br>3 lb 12 oz<br>2 lb | 1 gal 3 cups<br>(2 No. 10 cans)<br>1 gal 1 qt 3 cups<br>1 cup<br>2 ½ cups<br>1 qt ¼ cup<br>1 qt ¼ cup<br>1 qt<br>40 each<br>2 qt | <ol style="list-style-type: none"> <li>1. Drain beans and mash. Sprinkle the taco seasoning mix over beans. Add water and allow to simmer for 15 minutes.</li> <li>2. In a bowl, combine salsa, tomato puree, and water to make taco sauce.</li> <li>3. Cut tortillas in half.</li> <li>4. Lightly coat steamtable pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans.</li> <li>5. Assembly:<br/> Bottom layer: Place 32 tortilla-halves in bottom of pan. Distribute 1 lb 8 oz. (3 ½ cups) of the bean mixture on top of tortillas. Spread 1 lb 3 oz. (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz. (1 ½ cups) shredded cheese over taco sauce.<br/> Middle layer: Place 24 tortilla-halves on top of the taco sauce. Distribute 1 lb 8 oz. (3 1/3 cups) of bean mixture on top of the tortillas. Spread 1 lb 3 oz. (3 cups) taco sauce over the bean mixture. Sprinkle 6 oz. (1 ½ cups) shredded cheese over taco sauce.<br/> Top layer: Place 24 tortilla-halves on top of the taco sauce. Divide the remaining bean mixture on top of the tortillas. Divide the remaining taco sauce over the bean mixture. Sprinkle 4 oz (1 cup) of cheese evenly over the taco sauce. </li> <li>6. Tightly cover pans.</li> <li>7. Bake:<br/> Conventional oven: 350° F for 30 minutes<br/> Convection oven: 325° F for 20 minutes<br/> <b>CCP: Heat to 165° F or higher for at least 15 seconds</b> </li> <li>8. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).<br/> <b>CCP: Hold at 135° F or higher for hot service.</b> </li> </ol> |

**On, Wisconsin! Menus – Lunch Recipes**

|   |                          |                            |       |   |   |                                |
|---|--------------------------|----------------------------|-------|---|---|--------------------------------|
| <b>Total Yield</b>  |                          | Number of Pans: 2          |       | Equipment (if not specified in procedures above): |   |                                |
| Weight: 16 lb 3 oz  | Measure (volume): 2 pans | Pan Size: 12" x 20" x 2 ½" |       |   |   |                                |
| <b>Meal Component Contribution Based on Portion Size:</b> |                          |                            |       |   | <b>Nutrient Analysis Based on Portion Size:</b> |                                |
| <b>Meat/Meat Alternate</b>                                | 2 oz eq.                 |                            |       |   |   | <b>Calories:</b> 240           |
| <b>Vegetable Subgroups</b>                                | D/G                      | B/P                        | R/O   | S   | O   | <b>Saturated Fat (g):</b> 2.61 |
|   |                          |                            | ¼ cup |   |   | <b>Sodium (mg):</b> 1,053      |
| <b>Fruits</b>   |                          |                            |       |   |   |                                |
| <b>Grains</b>   | 1 oz eq.                 |                            |       |   |   |                                |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-55  
Adapted from: USDA Recipe (Salad & Salad Dressings E-11)

**RECIPE NAME: Three Bean Salad**

|  |                                    |                            |                                 |  |   |              |                         |
|--|------------------------------------|----------------------------|---------------------------------|--|---|--------------|-------------------------|
| Grade Group: K-12                                  |                                    |                            |                                 |  | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |              |                         |
| Number of Portions: 50                             |                                    |                            |                                 |  |   |              |                         |
| Portion Size: ½ cup                                |                                    |                            |                                 |  |   |              |                         |
| Serving Utensil: ½ cup spoodle                     |                                    |                            |                                 |  |   |              |                         |
| Servings Per Pan:                                  |                                    |                            |                                 |  |   |              |                         |
| Ingredients:                                       |                                    | Weight                     | Measure                         | Procedure:   |   |              |                         |
| Canned kidney beans, chilled, drained              |                                    | 2 lb 4 oz                  | 3 cups 2 Tbsp<br>(½ No. 10 can) | <ol style="list-style-type: none"> <li>1. Rinse kidney beans in cold water and drain well.</li> <li>2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).</li> <li>3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.</li> <li>4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans.<br/><b>CCP: Cool to 41° F or lower with 4 hours.</b></li> <li>5. Refrigerate until ready to serve.</li> <li>6. Mix lightly before serving.<br/><b>CCP: Hold at 41° F or below for cold service.</b></li> </ol> |   |              |                         |
| Canned wax beans, chilled, drained                 |                                    | 1 lb 14 oz                 | 1 qt 1 ½ cups<br>(½ No. 10 can) |  |   |              |                         |
| Canned cut green beans, chilled, drained           |                                    | 4 lb 11 oz                 | 1 gal<br>(1 ¼ No. 10 can)       |  |   |              |                         |
| Fresh white or red onions, chopped                 |                                    | 6 oz                       | 1 cup                           |  |   |              |                         |
| Fresh green peppers, chilled, chopped (optional)   |                                    | 13 oz                      | 2 ½ cups                        |  |   |              |                         |
| Vegetable oil                                      |                                    |                            | 1 1/3 cups                      |  |   |              |                         |
| White vinegar                                      |                                    |                            | 1 1/3 cups                      |  |   |              |                         |
| Sugar  |                                    | 4 ½ oz                     | 2/3 cup                         |  |   |              |                         |
| Dried basil  |                                    |                            | 2 Tbsp                          |  |   |              |                         |
| Ground black or white pepper                       |                                    |                            | 2 tsp                           |  |   |              |                         |
| Granulated garlic                                  |                                    |                            | 2 tsp                           |  |   |              |                         |
| Total Yield  |                                    | Number of Pans: 2          |                                 |  | Equipment (if not specified in procedures above):   |              |                         |
| Weight: 11 lb 9 oz                                 | Measure (volume): 1 gal 2 ½ quarts | Pan Size: 12" x 20" x 2 ½" |                                 |  |   |              |                         |
| Meal Component Contribution Based on Portion Size: |                                    |                            |                                 |  | Nutrient Analysis Based on Portion Size:  |              |                         |
| Meat/Meat Alternate                                |                                    |                            |                                 |  |   | Calories: 94 |                         |
| Vegetable Subgroups                                |                                    | D/G                        | B/P                             | R/O  | S   | O            | Saturated Fat (g): 0.84 |
|  |                                    |                            |                                 |  |   | ½ cup        | Sodium (mg): 220        |
| Fruits   |                                    |                            |                                 |  |   |              |                         |
| Grains   |                                    |                            |                                 |  |   |              |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-56  
Adapted from: USDA Recipe (Sandwich F-07)

**RECIPE NAME: Toasted Cheese Sandwich**

|   |                         |                          |                                       |   |                          |     |     |     |   |   |
|---|-------------------------|--------------------------|---------------------------------------|---|--------------------------|-----|-----|-----|---|---|
| Grade Group: K-8  |                         | Grade Group: 9-12        |                                       | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |                          |     |     |     |   |   |
| Number of Portions: 100   |                         | Number of Portions: 50   |                                       |   |                          |     |     |     |   |   |
| Portion Size: ½ sandwich  |                         | Portion Size: 1 sandwich |                                       |   |                          |     |     |     |   |   |
| Serving Utensil:  |                         | Serving Utensil:         |                                       |   |                          |     |     |     |   |   |
| Servings Per Pan: 40  |                         | Servings Per Pan: 20     |                                       |   |                          |     |     |     |   |   |
| <b>Ingredients:</b>   |                         | <b>Weight</b>            | <b>Measure</b>                        | <b>Procedure:</b>   |                          |     |     |     |   |   |
| Margarine Blend<br>Whole Wheat Bread, 1 oz slices<br><br>Sliced cheese, WI Processed C706, Land O' Lakes,<br>Commercial Eq. Code: 46253 |                         | 6 lb 4 oz<br><br>100 oz  | ¾ cup<br>100 slices<br><br>200 slices | 1. Brush approximately ½ oz (1 Tbsp) margarine on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans.<br>2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. One pan will only have 10 slices.<br>3. Top each slice of bread with 4 slices (2 oz) of cheese.<br>4. Cover with remaining bread slices.<br>5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.<br>6. Bake until lightly browned:<br>Conventional oven: 400° F for 15-20 minutes<br>Convection oven: 350° F for 10-15 minutes<br>Do not over bake.<br>7. If desired, cut each sandwich diagonally in half.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |                          |     |     |     |   |   |
| <b>Total Yield</b>  |                         | Number of Pans: 3        |                                       | Equipment (if not specified in procedures above):   |                          |     |     |     |   |   |
| Weight:   | Measure: 50 sandwiches  | Pan Size: 18" x 26" x 1" |                                       |   |                          |     |     |     |   |   |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>   |                         |                          |                                       |   |                          |     |     |     |   |   |
| <i>Specify the grade group in the columns:</i>  | <b>Grade Group: K-8</b> |                          |                                       |   | <b>Grade Group: 9-12</b> |     |     |     |   |   |
| Meat/Meat Alternate   | 1 oz eq.                |                          |                                       |   | 2 oz eq.                 |     |     |     |   |   |
| Vegetable Subgroups   | D/G                     | B/P                      | R/O                                   | S   | O                        | D/G | B/P | R/O | S | O |
|   |                         |                          |                                       |   |                          |     |     |     |   |   |
| Fruits  |                         |                          |                                       |   |                          |     |     |     |   |   |
| Grains  | 1 oz eq.                |                          |                                       |   | 2 oz eq.                 |     |     |     |   |   |
| Calories  | 151                     |                          |                                       |   | 301                      |     |     |     |   |   |
| Saturated Fat (g)   | 3.31                    |                          |                                       |   | 6.62                     |     |     |     |   |   |
| Sodium (mg)   | 563                     |                          |                                       |   | 1,126                    |     |     |     |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-57  
Adapted from: USDA Recipe (Sandwiches F-07)

**RECIPE NAME: Toasted Turkey and Cheese Sandwich**

|                                 |   |
|---------------------------------|---|
| <b>Grade Group:</b> K-12        | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| <b>Number of Portions:</b> 50   |   |
| <b>Portion Size:</b> 1 sandwich |   |
| <b>Serving Utensil:</b>         |   |
| <b>Servings Per Pan:</b> 20     |   |

| Ingredients:  | Weight      | Measure                         | Procedure:   |
|---|-------------|---------------------------------|--|
| Margarine Blend<br>Whole Wheat Bread, 1 oz slices                                   | 6 lb 4 oz   | $\frac{3}{4}$ cup<br>100 slices | 1. Brush approximately $\frac{1}{2}$ oz (1 Tbsp) margarine blend on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans.<br>2. Place 20 slices of bread on each sheet pan, 4 across and 5 down.<br>3. Top each slice of bread with 2 slices (3.75 oz) turkey and 2 slices (1 oz) of cheese.<br>4. Cover with remaining bread slices.<br>5. Brush tops of sandwiches with remaining margarine blend, approximately $1\frac{1}{2}$ oz (3 Tbsp) per pan.<br>6. Bake until lightly browned:<br>Conventional oven: 400° F for 15-20 minutes<br>Convection oven: 350° F for 10-15 minutes<br>Do not over bake.<br>7. If desired, cut each sandwich diagonally in half.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |
| Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253         | 3 lbs 2 oz  | 100 slices                      |  |
| Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338 | 23 lbs 8 oz | 100 slices                      |  |

|                    |                          |                                 |  |
|--------------------|--------------------------|---------------------------------|--|
| <b>Total Yield</b> | <b>50 sandwiches</b>     | <b>Number of Pans:</b> 3        | <b>Equipment</b> (if not specified in procedures above): |
| <b>Weight:</b>     | <b>Measure (volume):</b> | <b>Pan Size:</b> 18" x 26" x 1" |  |

| <b>Meal Component Contribution Based on Portion Size:</b> |          |     |     |   |   | <b>Nutrient Analysis Based on Portion Size:</b> |
|---|----------|-----|-----|---|---|---|
| <b>Meat/Meat Alternate</b>                                | 3 oz eq. |     |     |   |   | <b>Calories:</b> 354                            |
| <b>Vegetable Subgroups</b>                                | D/G      | B/P | R/O | S | O | <b>Saturated Fat (g):</b> 5.25                  |
|   |          |     |     |   |   | <b>Sodium (mg):</b> 1270                        |
| <b>Fruits</b>   |          |     |     |   |   |   |
| <b>Grains</b>   | 2 oz eq. |     |     |   |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other



**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-58  
Adapted from: USDA Recipe (Sandwich F-08)

**RECIPE NAME: Tuna Salad Sandwich**

|  |                   |                 |                                 |  |   |  |
|--|-------------------|-----------------|---------------------------------|--|---|--|
| Grade Group: K-12  |                   |                 |                                 |  | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |  |
| Number of Portions: 50                                   |                   |                 |                                 |  |   |  |
| Portion Size: 1 sandwich                                 |                   |                 |                                 |  |   |  |
| Serving Utensil: Gloved hand                             |                   |                 |                                 |  |   |  |
| Servings Per Pan:  |                   |                 |                                 |  |   |  |
| <b>Ingredients:</b>                                      |                   | <b>Weight</b>   | <b>Measure</b>                  | <b>Procedure:</b>  |   |  |
| Canned Chunk Style Water Packed Tuna, chilled            |                   | 8 lb 5 oz       | 1 gal 2 qt<br>(2-66 ½ oz. cans) | 1. Drain and flake tuna.<br>2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended.<br><b>CCP: Cool to 41° F or lower within 4 hours.</b><br>3. Cover and refrigerate until ready to use.<br>4. Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half.<br>5. Cover. Refrigerate until service.<br><b>CCP: Hold at 41° F or lower for cold service.</b> |   |  |
| Fresh Onions, chopped                                    |                   | 1 lb            | 2 ¾ cups                        |  |   |  |
| Fresh Celery, chilled, chopped                           |                   | 2 lb            | 1 qt 3 ½ cups                   |  |   |  |
| Sweet Pickle Relish, un-drained                          |                   | 8 ¾ oz          | 1 cup                           |  |   |  |
| Dry Mustard  |                   |                 | 1 ½ tsp                         |  |   |  |
| Reduced Calorie Salad Dressing OR                        |                   | 2 lb 11 oz      | 1 qt 1 ½ cups                   |  |   |  |
| Lowfat Mayonnaise  |                   | 2 lb 11 oz      | 1 qt 1 ½ cups                   |  |   |  |
| Whole Grain Rich Bread                                   |                   | 6 lb 4 oz       | 100 slices                      |  |   |  |
| <b>Total Yield</b>                                       |                   | Number of Pans: |                                 | Equipment (if not specified in procedures above):  |   |  |
| Weight: 12 lb 6 oz (filling)                             | Measure (volume): |                 | Pan Size:                       |  |   |  |
| <b>Meal Component Contribution Based on Portion Size</b> |                   |                 |                                 |  |   | <b>Nutrient Analysis Based on Portion Size</b> |
| Meat/Meat Alternate:                                     | 2 oz eq.          |                 |                                 |  |   | Calories: 307                                  |
| Vegetable Subgroups                                      | D/G               | B/P             | R/O                             | S  | O   | Saturated Fat (g): 1.70                        |
|  |                   |                 |                                 |  | 1/8 cup   | Sodium (mg): 745                               |
| Fruits   |                   |                 |                                 |  |   |  |
| Grains   | 2 oz eq.          |                 |                                 |  |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-59  
Adapted from: USDA Recipe (Main Dish D-38)

**RECIPE NAME: Turkey & Dressing Supreme**

|  |                                     |                                   |  |
|--|-------------------------------------|-----------------------------------|--|
| <b>Grade Group:</b> K-12                   |                                     |                                   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step  |
| <b>Number of Portions:</b> 50              |                                     |                                   |  |
| <b>Portion Size:</b> 1 piece               |                                     |                                   |  |
| <b>Serving Utensil:</b>                    |                                     |                                   |  |
| <b>Servings Per Pan:</b> 50                |                                     |                                   |  |
| <b>Ingredients:</b>                        | <b>Weight</b>                       | <b>Measure</b>                    | <b>Procedure:</b>  |
| Whole Grain Rich Soft Bread Cubes          | 3 lb 2 oz                           | 2 gal 1 qt                        | <ol style="list-style-type: none"> <li>1. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans.</li> <li>2. For dressing: Combine bread cubes, poultry seasoning, pepper, thyme, onions, and margarine or butter in a bowl. Mix lightly until well blended.</li> <li>3. Add stock to bread mixture. Mix gently until dressing is moist.</li> <li>4. Spread 4 lb. (1 gal 1 ¾ qt) of dressing evenly into each steamtable pan.</li> <li>5. Cover each pan of dressing with 3 lb 2 oz (2 ½ qt) cooked, chopped turkey.</li> <li>6. For gravy: Melt margarine or butter. Blend in flour and salt. Stir frequently until mixture is lightly brown, 5 minutes.</li> <li>7. Gradually add stock to flour mixture. Stir to blend well. Cook until thickened, 8-10 minutes.</li> <li>8. Pour 1 qt 1 ¾ cups gravy over each pan of turkey and dressing.</li> <li>9. Bake:<br/>           Conventional oven: 350° F for 30 minutes<br/>           Convection oven: 325° F for 30 minutes<br/> <b>CCP: Heat to 165° F or higher for at least 15 seconds.</b> </li> <li>10. Cut each pan 5 x 5 (25 portions per pan). If desired, serve with extra gravy.<br/> <b>CCP: Hold at 135° F or higher for hot service.</b> </li> </ol> |
| Poultry Seasoning                          |                                     | 2 tsp                             |  |
| Ground Black or White Pepper               |                                     | 2 tsp                             |  |
| Dried Thyme (optional)                     |                                     | 2 Tbsp                            |  |
| Fresh Onions, chopped OR Dehydrated Onions | 8 oz OR 1 ½ oz                      | 1 1/3 cups OR ¾ cup               |  |
| Margarine or Butter, melted                | 12 oz                               | 1 ½ cups                          |  |
| Chicken Stock, non-MSG                     |                                     | 2 qt                              |  |
| Cooked Turkey, chopped                     | 6 lb 4 oz                           | 1 gal 1 qt                        |  |
| Margarine or Butter                        | 6 oz                                | ¾ cup                             |  |
| Enriched All-Purpose Flour                 | 7 oz                                | 1 ½ cups 2 Tbsp                   |  |
| Salt                                       |                                     | 2 tsp                             |  |
| Chicken Stock, non-MSG, hot                |                                     | 3 qt                              |  |
| <b>Total Yield</b>                         |                                     | <b>Number of Pans:</b> 2          | <b>Equipment</b> (if not specified in procedures above):   |
| Weight: 19 lb 4 oz                         | Measure (volume): 2 steamtable pans | <b>Pan Size:</b> 12" x 20" x 2 ½" |  |

***On, Wisconsin! Menus – Lunch Recipes***

| <b>Meal Component Contribution Based on Portion Size:</b> |          |     |     |   |   | <b>Nutrient Analysis Based on Portion Size:</b> |
|---|----------|-----|-----|---|---|---|
| <b>Meat/Meat Alternate</b>                                | 2 oz eq. |     |     |   |   | <b>Calories:</b> 270                            |
| <b>Vegetable Subgroups</b>                                | D/G      | B/P | R/O | S | O | <b>Saturated Fat (g):</b> 3.09                  |
|   |          |     |     |   |   | <b>Sodium (mg):</b> 867                         |
| <b>Fruits</b>   |          |     |     |   |   |   |
| <b>Grains</b>   | 1 oz eq. |     |     |   |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-60  
Adapted from: Healthier Kansas Recipe 283

**RECIPE NAME: Two Potato Mash**

|  |                                  |                                 |                                |  |   |   |
|--|----------------------------------|---------------------------------|--------------------------------|--|---|---|
| <b>Grade Group:</b> K-12   |                                  |                                 |                                |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |
| <b>Number of Portions:</b> 98  |                                  |                                 |                                |  |   |   |
| <b>Portion Size:</b> ½ cup   |                                  |                                 |                                |  |   |   |
| <b>Serving Utensil:</b> #8 scoop   |                                  |                                 |                                |  |   |   |
| <b>Servings Per Pan:</b> 98  |                                  |                                 |                                |  |   |   |
| <b>Ingredients:</b>  |                                  | <b>Weight</b>                   | <b>Measure</b>                 | <b>Procedure:</b>  |   |   |
| Potatoes, instant, dehydrated granules, prepared<br>Sweet Potatoes, mashed, canned, USDA Foods<br>100318 |                                  |                                 | 1 gal 2 qt ½ cup<br>2 #10 cans | 1. Prepare instant potatoes per directions on package to get 25 cups per 100 servings.<br><b>CCP: Hold at 135° F or higher.</b><br>2. Place canned mashed sweet potatoes in mixer bowl and add prepared white mashed potatoes.<br>3. Mix on low speed with whip for 1-2 minutes or until sweet and white potatoes are combined well.<br>4. Place mixed potatoes into 1 full steam table pan (12" x 20" x 4") per 100 servings and cover well with plastic wrap.<br>5. Place in steamer for 15-20 minutes or until temperature reaches 135° F or higher.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |   |   |
| <b>Total Yield</b>   |                                  | <b>Number of Pans:</b> 1        |                                | Equipment (if not specified in procedures above):  |   |   |
| <b>Weight:</b>   | <b>Measure (volume):</b> 50 cups | <b>Pan Size:</b> 12" x 20" x 4" |                                |  |   |   |
| <b>Meal Component Contribution Based on Portion Size:</b>  |                                  |                                 |                                |  | <b>Nutrient Analysis Based on Portion Size:</b>   |   |
| <b>Meat/Meat Alternate</b>   |                                  |                                 |                                |  | <b>Calories:</b> 123  |   |
| <b>Vegetable Subgroups</b>   |                                  | D/G                             | B/P                            | R/O  | S   | O |
|  |                                  |                                 |                                | ¼ cup  | ¼ cup   |   |
| <b>Fruits</b>  |                                  |                                 |                                |  | <b>Saturated Fat (g):</b> 0.64  |   |
| <b>Grains</b>  |                                  |                                 |                                |  | <b>Sodium (mg):</b> 137   |   |

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-61  
Adapted from: USDA Recipe (Sauces G-08A)

**RECIPE NAME: Velvety Cheese Sauce**

|  |                         |                                       |  |   |   |
|--|-------------------------|---------------------------------------|--|---|---|
| Grade Group: K-8   |                         | Grade Group: 9-12                     |  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step   |   |
| Number of Portions: 128  |                         | Number of Portions: 64                |  |   |   |
| Portion Size: 2 Tbsp   |                         | Portion Size: ¼ cup                   |  |   |   |
| Serving Utensil: 1 fl oz ladle   |                         | Serving Utensil: 2 fl oz ladle        |  |   |   |
| Servings Per Gallon: 128   |                         | Servings Per Gallon: 64               |  |   |   |
| <b>Ingredients:</b>  |                         | <b>Weight</b>                         | <b>Measure</b>   | <b>Procedure:</b>   |   |
| Margarine or butter<br>Enriched all-purpose flour<br>Salt<br>Instant nonfat dry milk, reconstituted, hot<br>Cheese blend of American and skim milk cheeses, shredded |                         | 7 oz<br>8 oz<br><br><br><br>2 lb 8 oz | ¾ cup 2 Tbsp<br>1 ¾ cups<br>1 tsp<br>3 qt 1 cup<br>2 qt 2 cups | 1. Melt margarine or butter. Add flour and salt. Stir until smooth.<br>2. Add milk gradually, stirring constantly.<br>3. Add shredded cheese blend. Cook for 12-15 minutes, stirring frequently, until smooth and thick.<br><b>CCP: Hold at 135° F or higher for hot service.</b> |   |
| <b>Total Yield</b>   |                         | <b>Number of Pans:</b>                |  | <b>Equipment (if not specified in procedures above):</b>  |   |
| Weight:  | Measure (volume): 1 gal | Pan Size:                             |  |   |   |
| <b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>  |                         |                                       |  |   |   |
| <i>Specify the grade group in the columns:</i>   | <b>Grade Group: K-8</b> |                                       |  | <b>Grade Group: 9-12</b>  |   |
| Meat/Meat Alternate  | 0.25 oz eq.             |                                       |  | 0.5 oz eq.  |   |
| Vegetable Subgroups  | D/G                     | B/P                                   | R/O  | S   | O |
|  |                         |                                       |  |   |   |
| Fruits   |                         |                                       |  |   |   |
| Grains   |                         |                                       |  |   |   |
| Calories   | 49                      |                                       |  | 98  |   |
| Saturated Fat (g)  | 1.21                    |                                       |  | 2.4   |   |
| Sodium (g)   | 175                     |                                       |  | 350   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-62  
Adapted from: Recipes for Healthy Kids  
Challenge (Ridgecrest Elementary)

**RECIPE NAME: Whole Grain Cornbread**

|                        |   |
|------------------------|---|
| Grade Group: K-12      | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50 |   |
| Portion Size: 1 piece  |   |
| Serving Utensil:       |   |
| Servings Per Pan: 50   |   |

| Ingredients:  | Weight                              | Measure  | Procedure:   |
|---|-------------------------------------|--|--|
| Whole Wheat Flour, USDA Foods 100409<br>Cornmeal, USDA Foods 100472<br>Granulated Sugar<br>Baking Powder<br>Salt<br>Eggs<br>Buttermilk, low-fat<br>Vegetable Oil, USDA Foods 100439 | 1 lb 2/3 oz<br>8 oz<br>5 oz<br>1 oz | 1 1/8 tsp<br>2/3 cup<br>3 2/3 cup<br>¼ cup 2 ¾ tsp | 1. Preheat oven to 400° F.<br>2. Lightly grease sheet pan.<br>3. Blend flour, cornmeal, sugar, baking powder, and salt in mixer on low speed for one minute.<br>4. Mix eggs, buttermilk, and oil.<br>5. Add dry ingredients and blend for 30 seconds on low speed.<br>6. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. Do not over mix, batter will be slightly lumpy.<br>7. Pour batter (approximately 2 qt 2 cups) into half sheet pan (18" x 13" x 1").<br>8. Bake 30-35 minutes.<br>9. Cut half sheet pan 5 x10 for 50 pieces. |

|                    |                   |                          |   |
|--------------------|-------------------|--------------------------|---|
| <b>Total Yield</b> | <b>50 pieces</b>  | Number of Pans: 1        | Equipment (if not specified in procedures above): |
| Weight:            | Measure (volume): | Pan Size: 18" x 13" x 1" |   |

| Meal Component Contribution Based on Portion Size |             |     |     |   |   | Nutrient Analysis Based on Portion Size |
|---|-------------|-----|-----|---|---|---|
| Meat/Meat Alternate                               |             |     |     |   |   | Calories: 84                            |
| Vegetable Subgroups                               | D/G         | B/P | R/O | S | O | Saturated Fat (g): 0.44 g               |
|   |             |     |     |   |   | Sodium (mg): 137 mg                     |
| Fruits  |             |     |     |   |   |   |
| Grains  | 0.75 oz eq. |     |     |   |   |   |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-63  
Adapted from: Healthier Kansas Recipe B-120

**RECIPE NAME: Whole Wheat Biscuit**

|   |                                |  |  |   |   |  |
|---|--------------------------------|--|--|---|---|--|
| Grade Group: K-12   |                                |  |  |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step |  |
| Number of Portions: 100   |                                |  |  |   |   |  |
| Portion Size: 1 biscuit   |                                |  |  |   |   |  |
| Serving Utensil: Gloved hand  |                                |  |  |   |   |  |
| Servings Per Pan: 100   |                                |  |  |   |   |  |
| <b>Ingredients:</b>   |                                | <b>Weight</b>  | <b>Measure</b>   | <b>Procedure:</b>   |   |  |
| White Whole Wheat Flour<br>All-Purpose Flour<br>Yeast, instant<br>Sugar, granulated<br>Baking Powder<br>Baking Soda<br>Salt<br>Vegetable Shortening<br>Buttermilk, low-fat<br>Flour for kneading: White Whole Wheat Flour |                                | 2 lb 10 oz<br>2 lb 2 oz<br>2 oz<br>8 oz<br><br>15 oz<br>3 lb 12 oz<br>4 oz | <br>3 Tbsp<br>1 1/8 cup<br>1 Tbsp ¾ tsp<br>1 Tbsp ¾ tsp<br>1 Tbsp ¾ tsp<br><br>1 qt 3 ½ c<br>1 c | 1. Combine flours, yeast, sugar, baking powder, baking soda, and salt in mixing bowl using a paddle attachment on low speed.<br>2. Cut shortening into dry ingredients with paddle attachment until mixture looks like a coarse meal (about 2 minutes).<br>3. Add buttermilk to flour mixture, mix just until ingredients are moistened.<br>4. Cover and chill 1 hour.<br>5. Turn the dough out onto a floured surface; knead lightly 5 times.<br>6. Roll dough into a ½" thickness; cut with a 2" biscuit cutter. Biscuits should weigh approximately 1.5 oz. each.<br>7. Place the biscuits on a paper lined sheet pan.<br>8. Bake until golden brown:<br>Convection oven at 450° F for 9 minutes<br>Conventional oven at 475° F for 12 minutes |   |  |
| Total Yield   |                                | Number of Pans: 1  |  |   | Equipment (if not specified in procedures above):   |  |
| Weight:   | Measure (volume): 100 biscuits | Pan Size: Sheet pan  |  |   |   |  |

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Meal Component Contribution Based on Portion Size: |  |  |  |  |  | Nutrient Analysis Based on Portion Size: |  |
| Meat/Meat Alternate                                |  |  |  |  |  | Calories: 133                            |  |
| Vegetable Subgroups                                |  |  |  |  |  | Saturated Fat (g): 0.81                  |  |
|  |  |  |  |  |  | Sodium (mg): 173                         |  |
| Fruits   |  |  |  |  |  |  |  |
| Grains   |  |  |  |  |  | 1.25 oz eq.                              |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-64

Adapted from: Healthier Kansas Recipe 877

**RECIPE NAME: White Whole Wheat Breadstick**

|                              |            |   |   |
|------------------------------|------------|---|---|
| Grade Group: K-12            |            |   | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step  |
| Number of Portions: 100      |            |   |   |
| Portion Size: 1 breadstick   |            |   |   |
| Serving Utensil:             |            |   |   |
| Servings Per Pan:            |            |   |   |
| Ingredients:                 | Weight     | Measure   | Procedure:  |
| Flour, white whole wheat     | 1 lb 14 oz |   | 1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.  |
| Flour, all-purpose, enriched | 1 lb 12 oz |   | 2. Blend with dough hook for approximately 2 minutes on low speed.  |
| Dry milk, instant, nonfat    | 4 oz       |   | 3. Add oil and blend for approximately 2 minutes on low speed.  |
| Sugar, granulated            | 6 oz       | ¾ cup   | 4. Add first amount of water to the dry ingredients. If dough appears too stuff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.   |
| Yeast, instant, dry          | 2 oz       | ¼ cup   | 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.  |
| Salt                         | 1 oz       | 1 Tbsp 1 tsp                                    | 6. Pinch 1 oz dough balls stretching to make “sticks”. Place in rows 3 across and 17 down on sheet pans (18” x 26” x 1”) which have been lined with pan liners. Note: Another option would be to weigh out 3 lb 3 oz dough balls and roll out one ball per pan. Cut 3 across and 17 down in each pan. |
| Vegetable oil                | 7 oz       | 1 qt 2 Tbsp (add up to ½ cup if dough is stiff) | 7. Spray breadsticks with garlic-flavored spray.  |
| Water                        |            | As needed                                       | 8. Place in a warm area (about 90° F) or until double in size, approximately 45-60 minutes.   |
| Pan release spray            |            | As needed                                       | 9. Bake until lightly browned.<br>Conventional oven: 400° F for 18-20 minutes<br>Convection oven: 350° F for 12-14 minutes<br>Turn pans half-way through the baking time to promote even baking.<br>Recommended internal temperature for baked rolls is 196-198° F.                                   |
| Garlic flavored spray        |            |   | 10. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.   |



**On, Wisconsin! Menus – Lunch Recipes**

|  |                   |                          |     |   |  |              |                         |
|--|-------------------|--------------------------|-----|---|--|--------------|-------------------------|
| <b>Total Yield</b>                                       |                   | Number of Pans: 2        |     | Equipment (if not specified in procedures above): |  |              |                         |
| Weight: 6 lbs 4 oz DOUGH                                 | Measure (volume): | Pan Size: 18" x 26" x 1" |     |   |  |              |                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                   |                          |     |   | <b>Nutrient Analysis Based on Portion Size</b> |              |                         |
| Meat/Meat Alternate:                                     |                   |                          |     |   |  | Calories: 85 |                         |
| Vegetable Subgroups                                      |                   | D/G                      | B/P | R/O   | S  | O            | Saturated Fat (g): 0.33 |
|  |                   |                          |     |   |  |              | Sodium (mg): 101        |
| Fruits   |                   |                          |     |   |  |              |                         |
| Grains   |                   | 1 oz eq.                 |     |   |  |              |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-65a

Adapted from: Healthier Kansas Recipes 127

**RECIPE NAME: Whole Wheat Cinnamon Rolls, 51%**

|   |   |   |  |
|---|---|---|--|
| Grade Group: K-12   |   |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step  |
| Number of Portions: 144   |   |   |  |
| Portion Size: 1 each  |   |   |  |
| Serving Utensil:  |   |   |  |
| Servings Per Pan:   |   |   |  |
| <b>Ingredients:</b>   | <b>Weight</b>   | <b>Measure</b>  | <b>Procedure:</b>  |
| 51% White whole wheat roll dough (See Recipe WIDPI-71)<br><br>Pan release spray<br>Sugar, granulated<br>Cinnamon, ground<br>Vegetable oil<br>Powdered sugar<br>Vanilla extract<br>Water | 12 lb 8 oz<br>(2 Recipes for Roll)<br><br>1 lb<br><br>2 oz<br>1 lb 4 oz<br><br>4 oz | As needed<br>2 cups<br>2/3 cup<br>1/4 cup<br>3 3/4 cup<br>2 Tbsp<br>1/2 cup | 1. Prepare dough according to Recipe WIDPI-65b. Form dough into 3 lb balls (4 1/2 balls for 144 servings) and spray with pan release spray or cover with plastic wrap.<br>2. Mix sugar and cinnamon in separate bowl.<br>3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24" x 10" x 1/4" thick.<br>4. Brush dough with oil. Sprinkle with approximately 1/2 cup cinnamon-sugar mixture per rectangle.<br>5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 3/4-inch circles. Cut the 1/2 roll into 12 circles.<br>6. Place rolls on sheet pans (18" x 26" x 1") lined with pan liners in 8 rows with 6 per row (48 per pan).<br>7. Place in a warm area (90° F) until double in size (30-50 minutes).<br>8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. <ul style="list-style-type: none"> <li>• Conventional oven: 400° F for 18-20 minutes</li> <li>• Convection oven: 350° F for 12-14 minutes</li> <li>• Recommended internal temperature for baked rolls is 196-198° F.</li> </ul> 9. Let rolls cool 5-10 minutes.<br>10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed.<br>11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm. |
| <b>Total Yield</b>  |   | <b>Number of Pans:</b>  | <b>Equipment (if not specified in procedures above):</b>   |
| Weight:   | Measure (volume): 3 gal 2 cups  | Pan Size:   |  |

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| <b>Meal Component Contribution Based on Portion Size</b> |             |     |     |   |   | <b>Nutrient Analysis Based on Portion Size</b> |
|--|-------------|-----|-----|---|---|--|
| Meat/Meat Alternate:                                     |             |     |     |   |   | Calories: 149                                  |
| Vegetable Subgroups                                      | D/G         | B/P | R/O | S | O | Saturated Fat (g): 0.52                        |
|  |             |     |     |   |   | Sodium (mg): 141 mg                            |
| Fruits   |             |     |     |   |   |  |
| Grains   | 1.25 oz eq. |     |     |   |   |  |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-65b  
Adapted from: Healthier Kansas Recipe 877

**RECIPE NAME: White Whole Wheat Roll Dough**

|                              |            |   |  |
|------------------------------|------------|---|--|
| Grade Group: K-12            |            |   | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes cooling step   |
| Number of Portions: 100      |            |   |  |
| Portion Size: 1 Roll         |            |   |  |
| Serving Utensil:             |            |   |  |
| Servings Per Pan:            |            |   |  |
| Ingredients:                 | Weight     | Measure   | Procedure:   |
| Flour, white whole wheat     | 1 lb 14 oz |   | 1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.   |
| Flour, all-purpose, enriched | 1 lb 12 oz |   | 2. Blend with dough hook for approximately 2 minutes on low speed.   |
| Dry milk, instant, nonfat    | 4 oz       |   | 3. Add oil and blend for approximately 2 minutes on low speed.   |
| Sugar, granulated            | 6 oz       | ¾ cup   | 4. Add first amount of water to the dry ingredients. If dough appears too stuff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.      |
| Yeast, instant, dry          | 2 oz       | ¼ cup   | 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.   |
| Salt                         | 1 oz       | 1 Tbsp 1 tsp                                    | 6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 1") which have been lined with pan liners. (See variations below for shaping bread sticks and hamburger buns).            |
| Vegetable oil                | 7 oz       |   | 7. Place in a warm area (about 90° F) or until double in size, approximately 45-60 minutes.  |
| Water                        |            | 1 qt 2 Tbsp (add up to ½ cup if dough is stiff) | 8. Bake until lightly browned.<br>Conventional oven: 400° F for 18-20 minute<br>Convection oven: 350° F for 12-14 minutes<br>Turn pans half-way through the baking time to promote even baking.<br>Recommended internal temperature for baked rolls is 196-198° F. |
| Pan release spray            |            | As needed                                       | 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.   |

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|  |                   |                          |     |   |  |              |                         |
|--|-------------------|--------------------------|-----|---|--|--------------|-------------------------|
| <b>Total Yield</b>                                       |                   | Number of Pans: 2        |     | Equipment (if not specified in procedures above): |  |              |                         |
| Weight: 6 lbs 4 oz DOUGH                                 | Measure (volume): | Pan Size: 18" x 26" x 1" |     |   |  |              |                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                   |                          |     |   | <b>Nutrient Analysis Based on Portion Size</b> |              |                         |
| Meat/Meat Alternate:                                     |                   |                          |     |   |  | Calories: 85 |                         |
| Vegetable Subgroups                                      |                   | D/G                      | B/P | R/O   | S  | O            | Saturated Fat (g): 0.33 |
|  |                   |                          |     |   |  |              | Sodium (mg): 101        |
| Fruits   |                   |                          |     |   |  |              |                         |
| Grains   |                   | 1 oz eq.                 |     |   |  |              |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-66  
Adapted from: Healthier Kansas Recipe 877

**RECIPE NAME: White Whole Wheat Roll Dough**

|                              |            |   |  |
|------------------------------|------------|---|--|
| Grade Group: K-12            |            |   | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step   |
| Number of Portions: 100      |            |   |  |
| Portion Size: 1 Roll         |            |   |  |
| Serving Utensil:             |            |   |  |
| Servings Per Pan:            |            |   |  |
| Ingredients:                 | Weight     | Measure   | Procedure:   |
| Flour, white whole wheat     | 1 lb 14 oz |   | 1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.   |
| Flour, all-purpose, enriched | 1 lb 12 oz |   | 2. Blend with dough hook for approximately 2 minutes on low speed.   |
| Dry milk, instant, nonfat    | 4 oz       |   | 3. Add oil and blend for approximately 2 minutes on low speed.   |
| Sugar, granulated            | 6 oz       | ¾ cup   | 4. Add first amount of water to the dry ingredients. If dough appears too stuff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.      |
| Yeast, instant, dry          | 2 oz       | ¼ cup   | 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.   |
| Salt                         | 1 oz       | 1 Tbsp 1 tsp                                    | 6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 1") which have been lined with pan liners. (See variations below for shaping bread sticks and hamburger buns).            |
| Vegetable oil                | 7 oz       |   | 7. Place in a warm area (about 90° F) or until double in size, approximately 45-60 minutes.  |
| Water                        |            | 1 qt 2 Tbsp (add up to ½ cup if dough is stiff) | 8. Bake until lightly browned.<br>Conventional oven: 400° F for 18-20 minute<br>Convection oven: 350° F for 12-14 minutes<br>Turn pans half-way through the baking time to promote even baking.<br>Recommended internal temperature for baked rolls is 196-198° F. |
| Pan release spray            |            | As needed                                       | 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.   |

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|  |                   |                          |     |   |  |              |                         |
|--|-------------------|--------------------------|-----|---|--|--------------|-------------------------|
| <b>Total Yield</b>                                       |                   | Number of Pans: 2        |     | Equipment (if not specified in procedures above): |  |              |                         |
| Weight: 6 lbs 4 oz DOUGH                                 | Measure (volume): | Pan Size: 18" x 26" x 1" |     |   |  |              |                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                   |                          |     |   | <b>Nutrient Analysis Based on Portion Size</b> |              |                         |
| Meat/Meat Alternate:                                     |                   |                          |     |   |  | Calories: 85 |                         |
| Vegetable Subgroups                                      |                   | D/G                      | B/P | R/O   | S  | O            | Saturated Fat (g): 0.33 |
|  |                   |                          |     |   |  |              | Sodium (mg): 101        |
| Fruits   |                   |                          |     |   |  |              |                         |
| Grains   |                   | 1 oz eq.                 |     |   |  |              |                         |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-67

Adapted from: USDA Recipe (Desserts C-30)

**RECIPE NAME: Whole Wheat Sugar Cookies**

|   |                                      |  |   |   |   |                         |
|---|--------------------------------------|--|---|---|---|-------------------------|
| Grade Group: 6-12   |                                      |  |   |   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step |                         |
| Number of Portions: 50  |                                      |  |   |   |   |                         |
| Portion Size: 1 Cookie  |                                      |  |   |   |   |                         |
| Serving Utensil: Gloved hand  |                                      |  |   |   |   |                         |
| Servings Per Pan: 20  |                                      |  |   |   |   |                         |
| <b>Ingredients:</b>   |                                      | <b>Weight</b>  | <b>Measure</b>  | <b>Procedure:</b>   |   |                         |
| Margarine or butter<br>Sugar<br>Frozen whole eggs, thawed OR Fresh large eggs<br>Vanilla<br>Lowfat 1% milk<br>Whole wheat flour<br>Baking powder<br>Baking soda<br>Salt<br>Ground nutmeg<br>Ground cinnamon<br>Sugar<br>Ground cinnamon |                                      | 12 oz<br>1 lb 8 oz<br>6 oz<br><br><br>1 lb 13 oz<br><br><br><br><br><br><br><br><br>4 oz | 1 ½ cups<br>3 cups<br>¾ cup OR 4 each<br>1 Tbsp<br>3/8 cup<br>1 qt 2 cups<br>1 Tbsp<br>1 ½ tsp<br>1 ½ tsp<br>1 tsp<br>1 tsp<br>½ cup<br>2 tsp | 1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes.<br>2. Add eggs, vanilla and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.<br>3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg and cinnamon. Gradually add to the creamed mixture for 1 minute on low speed until blended.<br>4. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans.<br>5. Combine sugar and cinnamon and sprinkle over cookies.<br>6. Bake until light brown:<br>Conventional oven: 375° F for 12 minutes<br>Convection oven: 350° F for 6 minutes |   |                         |
| <b>Total Yield</b>  |                                      | Number of Pans: 2  |   |   | Equipment (if not specified in procedures above):   |                         |
| Weight: 36 lb   | Measure (volume): 2 steam table pans | Pan Size: 12" x 20" x 2 ½"   |   |   |   |                         |
| <b>Meal Component Contribution Based on Portion Size</b>  |                                      |  |   |   | <b>Nutrient Analysis Based on Portion Size</b>  |                         |
| Meat/Meat Alternate:  |                                      |  |   |   |   | Calories: 173           |
| Vegetable Subgroups   |                                      | D/G  | B/P   | R/O   | S   | O                       |
|   |                                      |  |   |   |   |                         |
| Fruits  |                                      |  |   |   |   | Saturated Fat (g): 1.29 |
| Grains  |                                      | 1 oz eq.   |   |   |   | Sodium (mg): 207        |

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other